

True Natural Health

The Magazine of the Natural Health Society of Australia



Autumn 2024



- **Stage 3 Cancer Case Studies** ▪ **Autoimmune Disease**
- **Fibromyalgia** ▪ **Reducing Microplastics**
- **Your Questions Answered & more**

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Are painful leg cramps waking you up at night?



Hi, I'm Frank Caruso. My wife Grace, and some of my friends, suffer from muscle cramps quite regularly. I've also experienced them a few times and it was a real nightmare.

You're fast asleep and slowly you become aware of a painful cramping feeling in one of your leg muscles... You lie there awake, trying not to move too much, in case it makes it worse. It feels like a tight, iron grip and seems to go on for ages! And muscle cramps don't just happen at night... they can also come on during or after exercise.

That's why I developed Caruso's Cramps Away®!

I couldn't imagine what it would be like having to cope with muscle cramps on a regular basis so I worked with my product team at Caruso's Natural Health to put together a formula that can help to reduce the occurrence of leg and muscle cramps and relieve muscle pain and tension.

Cramps Away® is a combination of Magnesium, Vitamin B6, Vitamin D, White Willow Bark, Grape Seed Extract and the bioflavonoid Rutin. It helps to reduce and relieve leg and muscle cramps, improve muscle relaxation and reduce muscle tension. The anti-inflammatory and pain-relieving actions of the ingredients also reduce muscle aches and pains.

Magnesium

Magnesium helps to reduce and relieve muscle cramps, leg cramps and mild muscle spasms. It also supports healthy muscle contraction and relieves muscle pain and tension.

A deficiency of magnesium may result in painful muscle cramps and mild muscle spasms¹. Although magnesium is naturally found in food, 37% of adult Australian women and 33% of adult Australian men don't get enough magnesium from their diet².

White Willow Bark

White Willow Bark is an analgesic herb which relieves pain and inflammation.

Rutin and Grape Seed Extract

Rutin is a bioflavonoid and antioxidant which helps to enhance blood capillary health. Grape Seed is also an antioxidant and supports healthy blood circulation.

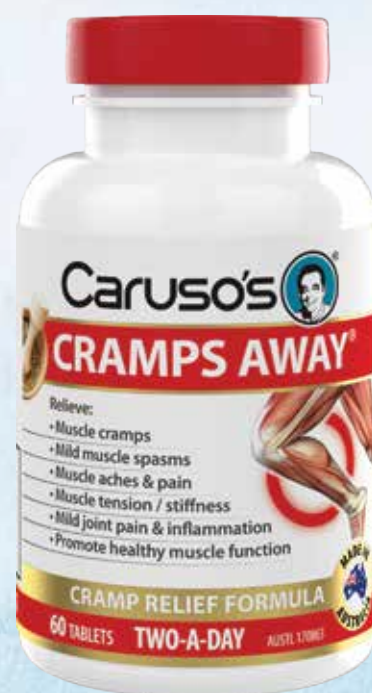
Vitamin B6 and Vitamin D

Vitamin B6 supports red blood cell health and helps the synthesis of neurotransmitters. Vitamin D helps maintain the cellular uptake of calcium, an important mineral for healthy muscle contraction.

Don't let painful muscle cramps stop you doing the things you love!

Try Caruso's Cramps Away® today! It's available from where you picked up this magazine in 60 tablets, starting at RRP \$44.00. And as with all of our products, it's made in Australia and comes with a 100% Money Back Guarantee.*

For more information on Caruso's Cramps Away® please call our Customer Service Representatives on 1300 304 480 or visit www.carusoshealth.com.au



- ✓ Helps reduce and relieve muscle and leg cramps
- ✓ Helps reduce occurrence of muscle cramps
- ✓ Supports healthy muscle contraction
- ✓ Improves muscle relaxation
- ✓ Relieves muscle pain and tension



Always read the label and follow the directions for use.

*See Caruso's Natural Health website for terms and conditions of 100% Money Back Guarantee.

¹Magnesium in Prevention and Therapy Gröber, Schmidt & Kisters; Nutrients 2015, 7, 8199-8226.

²Australian Bureau of Statistics: Australian Health Survey: Usual Nutrient Intakes. 6/03/2015.

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Society Shop and Classifieds

The National Health and Medical Research Council (NHMRC) of Australia is conducting a long-awaited review of the 2013 Australian Dietary Guidelines. Their latest communication about the process said that “sustainable diets” were a priority area for the revised guidelines. This is hopefully a sign that plant-based diets will feature prominently within the guidelines. Research on the benefits of the wholefood plant-based diet has exploded in recent years, and hopefully, the new guidelines will reflect this. Our office will keep a close eye on the guideline development process ready to provide our wholefood plant-based comment on any draft release. It will take the NHMRC until 2026 to produce their nutritional guidelines, and we know these guidelines will likely fall short of what the Society promotes as a health-giving diet, so this issue we have revisited our Dietary Guidelines and put together a dietary principles and meal planner reference together for our members.

As I write, we are preparing for the Society’s weekend away in Thredbo. COVID and financial restrictions have made weekends away impossible in the last few years. I hope that we have put that all behind us and weekend retreats can become part of the regular Society calendar again.

This issue, we have deep-dive articles on autoimmune disease, cancer, ageing well, fibromyalgia and eating for health. Roger French also answers your health questions and keeps us all up to date in the world of Natural Health by highlighting recently published articles of note, thank you Roger!

And thank you for being a part of our Natural Health community,
Rebecca Smith.

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

THIS MAGAZINE WAS SENT TO YOU IN BIODEGRADABLE POLYWRAP

Autoimmune disease: Why does a body damage itself?



By Robyn Chuter, naturopath, EFT therapist and counsellor
Sub-Edited and lightly condensed by Roger French, Patron

There are around 100 clinical syndromes, many of them very rare, clustered under the umbrella of 'autoimmune disease'. (Syndrome = a consistent set of signs and symptoms.) The more common autoimmune diseases include:

- Type-1 diabetes;
- Coeliac disease (allergy to gluten);
- Hashimoto's thyroiditis (the most common form of under-active thyroid);
- Graves' disease (the most common form of over-active thyroid);
- Rheumatoid arthritis;
- Crohn's disease and ulcerative colitis;
- Psoriasis (a skin disease);
- Systemic lupus erythematosus (SLE); and
- Multiple sclerosis.

Although the organ or tissue suffering damage is different in each of these autoimmune conditions, the mechanism underlying the damage is the same: the body's immune system turns on certain of its own cells, as if they were invading bacteria, and attacks them with a firestorm of inflammatory chemicals.

The orthodox medical approach to treatment is to use high doses of synthetic corticosteroid drugs such as *prednisone* to bring the inflammation under control, followed by an arsenal of drugs that suppress the immune system. Medically, autoimmune diseases are seen as being incurable; the aim is to 'manage' the inflammation through long-term (sometimes life-long) use of anti-inflammatory and immuno-suppressive drugs – which happen to be highly toxic.

These drugs include Imuran (azathioprine); tumour necrosis factor inhibitors – Remicade (infliximab), Humira (adalimumab) and Enbrel (etanercept); corticosteroids – prednisone, prednisolone; methotrexate - Ledertrexate, Methoblastin, Rheumatrex, Trexall; and hydroxychloroquine – Plaquenil.

INFLAMMATION – THE DOUBLE EDGED SWORD

Inflammation is the body's primary defence mechanism against invasion and injury. It is a complex process involving numerous different cell types and many enzymes and chemicals that disturb cell behaviour and blood flow in the affected area. If our bodies didn't have this inflammatory response, they would not be able to fight off infections or repair damaged tissue. On the other hand, excessive or prolonged inflammation causes tissue damage and prevents healing.

Normally, this double-edged sword is very tightly controlled by the body – but in a person with autoimmune disease, this control breaks down in two ways:

Firstly, there is a **loss of immunological self-tolerance** – the ability of the immune system to distinguish between 'self' and 'other'. Under normal circumstances, our immune cells are perfectly able to identify which cells in the body 'belong' to the body, and which are foreign invaders such as bacteria or virus-infected cells. These foreign cells are tagged with antibodies which mark them for destruction by other immune cells.

In autoimmune disease, antibodies are manufactured against cells that belong to the body, such as cells in the thyroid gland, bowel lining or joint tissue.

Secondly, there is a **loss of immuno-regulation**. Ordinarily, particular immune cells control and modify the intensity of the inflammatory response, and turn it off as soon as the defence or repair job is completed. This control system breaks down entirely in autoimmune disease.

The \$64,000 question is 'WHY?' Why does the immune system attack cells that belong to its own body? How could it make such a colossal – and damaging – mistake? The medical answer is 'we don't know'. However, there are some well-supported hypotheses about the origins of autoimmunity.

(A) Increased intestinal permeability – 'leaky gut'

The single layer of cells lining the intestine has a somewhat contradictory dual role: it must absorb needed nutrients, while also acting as a barrier to stop the massive amounts of antigens (foreign proteins) from getting out of the intestine and into the bloodstream. Antigens are contained in food or made by microbes living in, or passing through, the intestine. Under normal circumstances, only small, simple molecules from fully-digested foods are allowed to pass through the intestinal wall.

But a high-fat diet, high-cholesterol diet, excessive alcohol intake or bacterial toxins can induce inflammation in the intestine, and this inflamma-

tion causes gaps to develop in the intestinal wall. Non-steroidal anti-inflammatory drugs (NSAIDs), such as Naprosyn, Brufen and Indocid that are commonly used by sufferers of inflammatory arthritis, also increase gut permeability. In long-term users of these drugs, this NSAID-induced leaky gut may take months to reverse after discontinuing the drugs.

A leaky gut permits the abnormal passage of large molecules from the gut contents into the bloodstream. Once in the bloodstream, these molecules act as *antigens*, stimulating immune reactions including the formation of antibodies. These antibodies latch onto the antigens, forming large *antibody-antigen complexes*. A healthy body can easily clear these antibody-antigen complexes from the blood. But if they are being formed too rapidly for complete removal and/or the removal mechanisms are insufficient to handle the load, the complexes can accumulate, and become lodged in the smallest capillaries of the body – those that supply the joints, skin or kidneys. There, they provoke an inflammatory reaction, like a splinter stuck in the skin.

People with inflammatory arthritis, gastrointestinal autoimmune disease (including coeliac disease and inflammatory bowel disease), autoimmune hepatitis, type-1 diabetes and autoimmune thyroid disease have been shown to have leaky gut.

(B) Molecular mimicry

Normally, the proteins in our foods are completely digested down to their amino acids (protein building blocks) within our gut, and only these amino acids are absorbed. However, as described above, incompletely digested proteins (large molecules of quite long strings of amino acids called 'peptide chains'), can pass through a leaky gut and get into the bloodstream, where they are recognised as foreign antigens by the immune system.

Antibodies are manufactured by the immune system to 'match' a specific sequence of amino acids in an antigen. Unfortunately, some of the amino acid sequences in foreign antigens from food or bacteria are similar or even identical to amino acid se-

quences in our own bodily proteins. Hence, the antibodies made against foreign proteins can also target human proteins of similar structure. This process is called *molecular mimicry* and has been demonstrated to occur in several autoimmune diseases.

For example, researchers investigating molecular mimicry in rheumatoid arthritis found that the amino acid residues of a cows' milk protein called *bovine albumin* are essentially the same as the amino acids found in human collagen (a protein found in the joints) and also vitamin D-binding protein. What this means is that the antibodies produced to attack cows' milk protein end up attacking the joint tissues and interfering with vitamin D activity.

As another example, a different amino-acid segment of bovine albumin, called *ABBOS*, has been found to generate antibodies which attack a particular protein found in the beta-cells in the pancreas which produce insulin. Destruction of these beta-cells by an autoimmune reaction leads to type-1 diabetes.

(C) Abnormal bowel flora

Molecular mimicry involving toxins made by pathogenic (disease-causing) intestinal bacteria such as *Klebsiella pneumoniae* and *Proteus mirabilis* is implicated in ankylosing spondylitis (arthritis making the spine rigid), ulcerative colitis and Crohn's disease and possibly other autoimmune diseases.

The primary bacterial species found in the intestines of healthy people are lactobacilli (including acidophilus), bifidobacteria, *Bacteroides* species, non-pathogenic *Escherichia* species and enterococci. On the other hand, people with rheumatoid arthritis, even during remission periods, have been found to be primarily colonised by pathogenic species of bacteria such as *Escherichia*, *Citrobacter*, *Enterobacter* and *Klebsiella*.

(D) Low vitamin D level

Vitamin D, the 'sunshine vitamin', is actually a steroid hormone made in the body when UV radiation from the sun acts on cholesterol in our blood. Just about every cell in the body has a receptor for vitamin D.

There is now significant evidence that having optimal vitamin D levels reduces the risk of many autoimmune diseases including rheumatoid arthritis, type-1 diabetes, multiple sclerosis and inflammatory bowel disease. Vitamin D has immune-modulating and anti-inflammatory effects. In particular, it contributes to immunological self-tolerance – exactly the function that is impaired in autoimmune diseases.

(E) Stress

I am yet to encounter a client with autoimmune disease who has not suffered significant stress in the period leading up to the diagnosis of their disease. It is usually in the form of a lengthy period of ongoing life stress such as workplace bullying, caring for an elderly and infirm parent or prolonged financial stress.

My clinical experience is backed up by medical researchers who have established that shift work, a poor work environment with low social support and repetitive work, as well as unemployment, can induce autoimmune disorders. Also that chronic stress is more likely to trigger autoimmune disease than a one-off major life event such as bereavement.



PUTTING IT ALL TOGETHER

An integrative approach to autoimmune disease includes the following:

(1) A high-nutrient vegan diet based on greens, in particular the brassica vegetables (broccoli, cabbage, cauliflower, kale, rocket, Brussels sprouts, bok-choy, etc.).

This dietary pattern removes some of the major sources of dietary antigens implicated in autoimmune disease – dairy and flesh proteins – while maximising intake of antioxidants and other phytochemicals that keep the joints strong, quench inflammation and repair damage inflicted by free radicals. Some individuals with autoimmune disease may also need to eliminate grains, particularly those that contain gluten (wheat, rye, barley, oats, spelt).

It is vital to have an adequate intake of anti-inflammatory essential fatty acids from fresh, raw nuts and seeds and avocado. On the other hand, a diet high in either extracted unsaturated fats or saturated fats aggravates autoimmune disease in numerous ways: it increases the immune system's reactivity to bacterial and food toxins; it decreases the activity of white blood cells in the lymphoid tissue of the gut (allowing more antigens to get into the bloodstream); and it decreases the activity of natural killer cells, which can suppress autoimmune responses.

Rheumatoid arthritis patients who adopt vegan diets also have positive changes in their intestinal bacteria, and these changes correlate with improvement in their symptoms.

(2) Supplementation with probiotic bacteria, including *Lactobacilli* and *Bifidobacteria* species. These beneficial flora promote digestion and absorption of vital nutrients, while 'crowding out' inflammation-promoting microorganisms such as *Klebsiella* and *Proteus*.

(3) Supplementation with Vitamin D₃ to achieve optimal blood levels of 100 – 150 nmol/L of 25-hydroxyvitamin D₃.

(4) Natural anti-inflammatories including curcumin (from turmeric), quercetin, EGCG (from green and white tea), ginger and the algal-derived omega-3s, EPA and DHA. Curcumin and quercetin are also beneficial for healing leaky gut, as are glutamine, magnesium and zinc.

(5) Stress reduction through lifestyle changes and improved stress coping skills. I teach Emotional Freedom Techniques (EFT) to all my clients with autoimmune disease (and indeed, just about all my other clients too), because it is quick and easy to learn, and highly effective at relieving anxiety, changing stress-producing thoughts and beliefs, facilitating positive diet and lifestyle change and fostering deep, healing sleep.

6) Water-only fasting under experienced supervision. Fasting (which reduces intestinal permeability and makes the gut less leaky), followed by a vegan diet, has been found to dramatically improve the balance of gut bacteria in rheumatoid arthritis patients and decrease the severity of the disease.

A CASE HISTORY

Pamela's ulcerative colitis is now in remission – after her doctor told her she would have to have her bowel removed.

Pamela was referred to me just after she was discharged from a week's stay in hospital to treat a severe flare-up of her ulcerative colitis. She had been having bouts of bloody diarrhoea and intense abdominal pain for 10 years, and had been hospitalised and on high doses of steroid drugs a couple of times in the past. Her gastroenterologist had also prescribed an immune-suppressing drug which she had had to discontinue, because it made her extremely ill. She was now on a massive dose of prednisone to stop the bleeding from her bowel.

Her doctor (who, she told me, had insisted to her that diet had absolutely nothing to do with ulcerative colitis) was now saying that Pamela had no drug treatment options left, and would have to have her bowel

surgically removed and use a colostomy bag for the rest of her life. Pamela was only 38 years old, with two young children, and was horrified by this prospect.

She immediately commenced the nutrition program and supplements that I prescribed. Within two days she was experiencing hardly any pain, and her energy level had increased. After one week she was down to two perfectly normal bowel movements a day (down from five loose movements a day when we had first spoken) and had no pain, except for a little bit of cramping before bowel movements.

A week or so after she had begun the nutrition program, Pamela's specialist rang to urge her to commence taking immunosuppressive drugs in preparation for having her bowel removed. She told him she was doing well and didn't think she would need to have bowel surgery. She related to me his pessimistic reply: "This won't work; call me when you go downhill." Thankfully, Pamela decided to sack this unhelpful doctor, and found another specialist who is really happy to support her, and pleased that she is doing well.

Just three months after she was told she would have to have her bowel cut out, Pamela phoned to tell me that her blood test results were completely back to normal, and her new gastroenterologist had officially pronounced her in remission from ulcerative colitis. She is now completely off prednisone and is gradually weaning off Mesasal (another anti-inflammatory drug).

In addition to the dietary changes and supplements, I also taught Pamela how to do EFT, initially to help her cope with the anxiety she was feeling about her condition and the prospect of losing her bowel.

As she began to improve, we commenced working on all the stress factors that had contributed to her ulcerative colitis. She had always pushed herself to continue looking after her family and their home, even when she was sick, and felt entirely unable to rest or relax while ever there was work to be done – and with two young children, there was *always*

work to be done! She was also having trouble with early morning wakening, which left her exhausted.

We worked on these and other contributory issues using EFT, and Pamela now reports that she can happily play with her children without having to get all the housework done first, and is sleeping contentedly until 7.30 am every morning.

Pamela's success story fills me with both joy and sorrow. Joy that this delightful, determined woman was able to not just keep her bowel, but to recover her health in every sense of the word. And sorrow that so many other people with autoimmune disease have not been told that they can be free of their suffering, and their toxic drugs, by making dietary changes and effectively managing their stress.

THE AUTHOR

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The above is a lightly condensed version. For a copy of the original, complete with references, contact Roger French at rfrench@health.org.au.

Omnivorous vs Vegan Diets in Identical Twins

Research review by Rebecca Smith

Much of the research used to support the argument that vegetarian or vegan diets lead to healthier outcomes relies on epidemiological studies. A good example of this is the wealth of health data collected from the Seventh-Day Adventist Community. One downfall of this style of research is that it is open to the critique that the health benefits seen in these largely vegetarian populations are the result of a broader 'health-focused' attitude. While this may be true, those of us who have been paying attention know that there is more than just a broader health mindset to the benefits of a vegetarian diet. This is why a study published in *JAMA Network Open* late last year caught my eye.

In this study, a team of researchers from Stanford Medicine recruited 22 pairs of healthy adult identical twins and assigned one twin from each pair a vegan diet and the other an omnivorous diet for eight weeks. This research was particularly interesting as it wasn't comparing vegan diets to the Standard American Diet (SAD), both diets were designed to be healthy and contained "ample vegetables, beans, fruits and wholegrains and minimal sugar and refined starches". The omnivorous diet additionally included chicken, fish, eggs, cheese and dairy. [The researcher's definition of "ample" was not provided, and the omnivorous diet likely didn't meet the *Natural Health Society's Dietary Guidelines* for vegetable and fruit consumption.]

Using twins in a nutritional study also helps control for genetic and environmental factors that are particularly difficult to control for in population-based research.

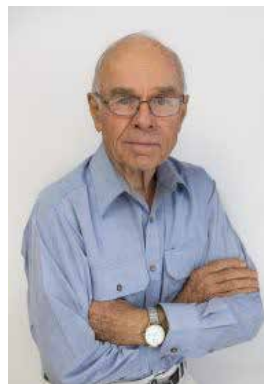
After only four weeks of following their 'healthy' omnivorous and vegan diets, the twins following the vegan diets were already outperforming their omnivorous twins. The twins following the vegan diets showed a significant drop in LDL cholesterol levels compared with participants receiving the omnivorous diet. By the eight-week blood tests, the twins eating a vegan diet demonstrated significant improvements in their LDL cholesterol levels, fasting insulin levels and body weight.

The researchers concluded that their findings suggest that vegan diets offer a protective cardio-metabolic advantage compared to a healthy, omnivorous diet.

Although the results of this study are interesting, I would have liked to see inflammatory markers tracked in both twins, as cholesterol levels and insulin are only providing part of the picture. Still, next time a friend tells you they're trying to improve their diet to avoid cholesterol-lowering medication, you can point them to this study to show them what just one month of eating a wholefood vegan diet can do.

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 can be answered. As always, seek your health professional's advice for health conditions.

Q. CRAMPS IN FEET:

I have been getting cramps in my toes on both feet quite a lot lately and am wondering what the cause might be and how I could treat it. – L. M., Fremantle WA

A. The majority of cases of muscle cramps are to do with the mineral, magnesium. This is such a critical mineral that the remarkable Dr Sandra Cabot has written an entire book about it entitled, *Magnesium – the Miracle Mineral*.

Dr Sandra's explanation of muscle cramps puts it beautifully. For a muscle to work properly, it must have the proper levels of all three alkaline minerals – *potassium, magnesium* and *calcium*. And this is where the problem with cramps begins. "While many of us generally have adequate amounts of calcium and potassium, the same is not true of magnesium – yet magnesium has been called the key that unlocks muscle cells and lets in the calcium and potassium so they can do their jobs. Without the key – magnesium – your muscles may be in less than perfect health. Hence muscle cramps."

Dr Sandra says that studies show that magnesium does reduce leg-cramp distress in people, including pregnant women. Increasing the intake of this mineral can relieve cramping almost immediately, or it might take a month or more to reverse a long-standing deficiency and see any results. Either way, the sooner you start, the better.

What is a muscle cramp? It is caused by the involuntary – and usually brief

– contraction of a muscle. Although very painful at times, cramps are not dangerous unless you are swimming or driving or they constantly wake you at night.

I (Roger) have come to understand that high calcium intake can be part of the magnesium problem. If calcium supplements are taken or there is a high intake of dairy products without accompanying magnesium, this can create a significant mineral imbalance. The balance in our diets overall that we require is a ratio of calcium to magnesium of approximately two to one, matching that found in a balanced diet of plant foods. Unfortunately, the ratio in cows' milk is approximately 10 to one, creating potential problems.

The best sources of magnesium are whole foods, the richest in order being sunflower seeds, Brazil nuts, sesame seeds, almonds, cashews, oat bran, soya beans, pine nuts, lima beans, walnuts, kidney beans, oats, wholemeal flour, brown rice and most other nuts and legumes. Green vegetables – which are green because of magnesium – can also be a substantial source because, although lower in content, they can be consumed in large quantities. The juices of green, yellow (for example, carrot) and red (for example, beetroot) veggies provide highly assimilable minerals.

Topping up with a supplement of chelated calcium and magnesium in the ratio of two to one can be a very good idea. Or just take magnesium alone. If in doubt, seek a practitioner's guidance.

Besides magnesium, other things

that can lead to cramps include vitamin E deficiency, smoking, inactivity, poor circulation, dehydration, heat stroke

or various diseases such as anaemia, fibromyalgia, arthritis, arteriosclerosis (hardened arteries), hypothyroidism [low thyroid function] or varicose veins. Also diuretic drugs for high blood pressure or heart disease can lead to cramps.

To reduce the problem of cramping, in addition to the above suggestions re magnesium, there are generalised steps that can be taken:

- Ensure adequate water intake to flush toxins out of muscles – but don't overdo it and risk congesting the kidneys with water.
 - Take vitamin E as a regular supplement.
 - Herbs good for circulation are alfalfa, dong quai, elderberry, ginkgo biloba, horsetail and saffron.
 - Occasionally taking valerian tablets at bedtime helps to relax muscles – and helps you sleep.
 - Use heat to relieve the muscle pain.
 - Rub pure, extra-virgin olive oil or flax oil into your muscles before and after strenuous exercise.
 - Have a hot bath containing Epsom salts just before retiring to bed.
- If you get cramps during physical activity, consult a practitioner, as this could be a sign of impaired circulation or artery disease.



Q. VASCULITIS – WHAT IS IT: Is it possible for you to do an article on vasculitis? I have been a member for many years and was surprised recently to receive a diagnosis of ‘small vein vasculitis’, a condition I haven’t heard of before. My kind is granulomatosis polyangiitis, and I also have discoid lupus. For a long time, I have had a very good, natural diet. – S. McA., Mareeba Qld

A. Vasculitis is a relatively rare disease that involves inflammation of blood vessels.

The inflammation can cause blood vessels to narrow and blood flow to be restricted, which can result in organ and tissue damage or can cause blood clots to form. In rare cases an inflamed vessel wall may balloon, forming an aneurysm with thin walls at risk of tearing.

Most sufferers are female. The onset of this rare disease can occur at any age, but most often between 40 and 60.

Symptoms of vasculitis

Vasculitis can affect any type of blood vessel (arteries, veins and capillaries) anywhere in the body.

There are many types of vasculitis, according to which parts of the body are affected. Each type has its own set of symptoms. Vasculitis might affect just one organ or several. The condition can be short-term or long-lasting.

According to the Mayo Clinic, Granulomatosis polyangiitis, is an uncommon form of vasculitis that involves inflammation of the small blood vessels in the nose, sinuses, throat, lungs and kidneys. The affected tissues can develop areas of inflammation called granulomas, which can affect how these organs work.

General signs and symptoms of most types of vasculitis include fever, headache, fatigue, weight loss,

general aches and pains, muscle or joint pain, poor appetite, numbness or weakness in various parts of the body.

Vasculitis can range from a minor problem that only affects the skin to serious problems with organs like the heart or kidneys.

According to the peak professional body, the Australian Society of Clinical Immunology and Allergy (ASCIA), the specific signs and symptoms of vasculitis disorders include:

- **Skin** may have purple or red spots or bumps, clusters of small dots, splotches, bruises, urticaria (hives), itchiness.
- **Joints** may have pain, there may be arthritis in one or more joints.
- **Lungs** display shortness of breath, coughing up blood, signs that suggest pneumonia.
- **Gastrointestinal tract** – indicated by mouth ulcers or stomach pain. In severe cases, blood flow to the intestines can be blocked.
- **Sinuses, nose, throat, ears** – chronic sinus or middle-ear infections, ulcers in the nose and hearing loss.
- **Eyes** may be red, itchy and burning, have increased sensitivity to light, blurred vision.
- **Brain** may experience headaches, changes in mental function, stroke-like symptoms such as muscle weakness and paralysis.
- **Nerves** – resulting in numbness, tingling and weakness in various body parts, loss of feeling or strength in hands and feet, shooting pains in arms and legs.

Causes of vasculitis

In medical science, the primary lifestyle causes of vasculitis are not well understood, although the secondary causes do seem to be. ASCIA lists the main categories of causes of vasculitis as:

- Autoimmunity.
- Allergy or hypersensitivity to medications, toxins or other inhaled environmental irritants (where removing the medication, toxin or

irritant usually stops symptoms).

- Viral or parasitic infections.

Since vasculitis is an inflammatory condition, those of us who study lifestyle in relation to health, see a deeper cause. As with almost all inflammatory illnesses, the initiating cause is irritation by toxic substances – toxic substances in the form of excess waste products from metabolism and toxic man-made chemicals, along with the toxic effects of pathogenic microorganisms. In Natural Health, we refer to this condition as ‘toxaemia’, a condition which orthodox medicine doesn’t recognise.

Chronic emotional stress can also be a contributor to inflammatory conditions.

Inflammation is produced by the body for the purpose of detoxification and healing. Inflammatory chemicals are released by the immune system to increase blood flow to the irritated area and make blood vessels more permeable. White blood cells in the form of *phagocytes*, *mast cells* and/or *natural killer cells* can now squeeze out of blood vessels and into irritated tissues where they ‘devour’ any foreign bodies and substances.

Inflammation is fundamental to healing. Only if the lifestyle causes are ignored – as they are in orthodox medicine – might the inflammation become chronic and begin to cause damage to tissues and organs.

In autoimmunity, tissues which are attacked by the immune system are either congested with toxaemia or damaged. In both cases, they have been made different from normal and look abnormal to the immune system, hence the ‘attacking of self’. [For a detailed account of autoimmune conditions, see pages 2-5 in this issue.]

Since you (S. McA) have been eating a good, natural diet for many years, your way of eating should not be a major cause of your health problems. However, for the benefit of

YOUR QUESTIONS ANSWERED



newcomers to Natural Health, I will point out the leading foods that can lead to inflammation:

- Refined carbohydrates, including refined sugar, white bread, pasta and pastries;
- Baked goods including cakes, biscuits and pies;
- Deep-fried items such as French fries, fried chicken and dough-nuts;
- Red meat and processed meats (ham, bacon, hot dogs, salami);
- Margarine, shortening and lard;
- Soft drinks and other high-refined-sugar beverages;
- Lollies and milk chocolate high in refined sugar and chemical additives;
- Trans fats, found in margarine, some biscuits and other products.

A person's genetic makeup will not usually cause any illness on its own. As with most health conditions, our genes can make us more or less susceptible to the lifestyle causes, but it normally requires other factors to come into play.

Allergy can be a factor in rare cases. Immunoglobulin A (IgA) vasculitis can be triggered by allergens such as drugs, foods or insect bites.

Risk factors

Some other factors that may increase the risk of vasculitis include:

- Using hard drugs, smoking or being a heavy drinker.
- Medications such as hydralazine, allopurinol, minocycline and propylthiouracil.
- Having hepatitis B or C.
- Having another autoimmune disease, such as rheumatoid arthritis.
- Some kinds of vasculitis are much more common in women, while others are more common in men.

Vasculitis treatments

The goal of medical treatment is to reduce the inflammation.

When vasculitis is due to an autoimmune disorder, immunosuppressive drugs are usually used, but there are other possible procedures.

Natural therapies treatments

The most effective and long-lasting natural treatments for vasculitis utilise a holistic approach, based on detoxification, nutrition and exercise.

Detoxification

There is no doubt that great inroads into the level of toxæmia may be made by short, well-spaced periods of nutritional detoxification. Professional supervision will be necessary, except for short periods of detoxing, namely, water fasting for up to three days, fruit and vegetable juices for up to five days and fruit and salads exclusively for up to seven days. (How to do this requires guidance, which is spelled out in Chapter 15 of my book, *How a Man Lived in Three Centuries*.)

An anti-inflammatory and anti-auto-immunity diet

The prominent US holistic medico, Dr Joel Fuhrman, states in his book, *Eat to Live*, that most autoimmune conditions can be overcome through modifying diet.

The holistic lifestyle therapist, Dr Andrew Weil, MD, offers the following diet details (www.drweil.com)

- Eat more fruits and vegetables (organically grown).
- Eliminate dairy products.
- Eliminate polyunsaturated vegetable oils, margarine and all other hydrogenated oils and all foods that might contain trans-fatty acids (including deep-fried foods). For liquid oil, use extra-virgin olive oil.
- Increase intake of omega-3 fatty acids. Take up to two to three grams daily of a micro-algae source of EPA and DHA.
- Consider taking grapeseed extract, a source of powerful antioxidants.

Recommendations from other nutritional sources:

- Reduce or eliminate gluten and refined sugar;
- Avoid processed meats, raw seafood and undercooked meat [or avoid any meat at all];
- Reduce intake of caffeine and alcohol;

There are strong links between tissue fluids becoming too acidic and inflammation. The ideal acidity level (pH) of tissue fluids is around 7.0 (neutral), but many people are very acidic at around pH 5.5 – 6.5. Acidity can be reduced gradually by abundant vegetables and fruits (which are alkali-forming) or rapidly by detoxing.

Supplements which enhance immunity

Vitamin D – Many people are deficient in Vitamin D (partly due to practising 'slip, slop and slap'); deficiency takes a toll on the immune system.

B vitamins – can be helpful to reduce fatigue or brain fog. It's best to take a *non-synthetic* B-complex (such as the NeoLife brand). The best natural sources of B vitamins are nuts, legumes, seeds and fresh vegetables, except for B₁₂ which occurs only in animal products, so usually needs to be supplemented.

Apple cider vinegar is considered a wonderful natural remedy for vasculitis. It's important to use natural, organic apple cider vinegar with the 'mother' as this contains the healing enzymes.

Herbs and spices that may reduce inflammation

Ginger (*Zingiber officinale*).

Garlic (*Allium sativum*) is particularly useful because of its anti-inflammatory and astringent properties.

Turmeric (*Curcuma longa*). *Curcumin*,
True Natural Health p.8

the main active compound in turmeric, has anti-inflammatory properties, is antioxidant, boosts immunity and lowers blood pressure. Taking turmeric with black pepper greatly increases its absorption, possibly by up to 20 times.

Ginseng. A group of compounds called *ginsenosides* are believed to be largely responsible for ginseng's anti-inflammatory effects. There are many varieties of ginseng, two commonly available are American ginseng (*Panax quinquefolius*) and Asian ginseng (*Panax ginseng*).

Goldenseal (*Hydrastis canadensis*) is an anti-bacterial that also detoxifies and cleanses the body.

Green tea (*Camellia sinensis*). Green tea has anti-inflammatory effects due to its abundant polyphenol content – but does also contain some caffeine.

Rosemary (*Rosmarinus officinalis*) is also rich in polyphenols.

Cinnamon (*Cinnamomum spp.*) reduces inflammation. However, use cinnamon in small amounts, as high doses may cause liver damage.

Ashwagandha (*Withania somnifera*) is a well-known anti-inflammatory herb that boosts immune function and eases the negative effects of stress. It also promotes restful sleep.

Astragalus, also known as huáng qí, is used in Traditional Chinese Medicine to deal with stress and to reduce inflammation and oxidative stress. There are many types of astragalus, although *Astragalus membranaceus* is commonly used.

Calendula (*Calendula officinalis*) is a leading anti-inflammatory herb, taken orally or applied topically.

Cat's claw (*Urtica tomentosa*) is a powerful anti-viral herb with impressive anti-inflammatory properties.

The Natural Health Society of Australia.

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Our work is made possible by your generous support. Together we can change lives.

Chamomile (*Matricaria recutita*) is a therapeutic plant that's been used for centuries; it also has sleep-promoting properties.

Echinacea is a herb that's commonly used to oppose infections, boost immune function and alleviate inflammation. Although the leaf, flower and root of echinacea can be used medicinally, herbalist Professor Kerry Bone sticks to using extracts made from echinacea root in his practice. Similarly, although nine species of echinacea are considered therapeutic, he uses two, *Echinacea angustifolia* and *Echinacea purpurea*.

Seek professional guidance. It may be a good idea to consult a herbalist or naturopath to discuss which remedies might be most helpful.

Homeopathy

Dr Andrew Weil advises that homeopathy has a good scope for treating vasculitis – using a deep-acting, constitutional homeopathic remedy.

Acupuncture

Has been found to help many conditions, including vasculitis.

Get moving!

It takes surprisingly little aerobic exercise to lower inflammation levels. In fact, *too much* exercise may *provoke* inflammation. Thirty minutes a day of aerobic exercise – like brisk walking – could be adequate.

Manage your weight

Reduce *abdominal fat*, the kind that produces pro-inflammatory chemicals. The above guidelines for eating

YOUR QUESTIONS ANSWERED continued...

and exercise may effectively achieve this.

Get enough sleep

Inadequate sleep not only robs you of energy, it also elevates inflammation.

Conquer chronic stress.

Chronic stress can spark the development of inflammation and cause flare-ups of numerous problems.

Seek support from family, friends or a professional

If you're feeling fearful or very stressed by your condition, it can be a good idea to speak with a professional counsellor or therapist.

Q. BLOATING IN THE STOMACH: I eat a lot of bread because I am very busy and bread is a convenient food. It is only recently that I increased bread consumption and now bloating is a problem. What causes bloating? – K.F., Taree NSW

A. This accumulation of gas in the intestines has at least half a dozen possible causes.

If carbohydrates, such as bread, breakfast cereal or pasta are fermenting, or if proteins are putrefying, this will produce gas. Fermentation or putrefaction can result from consuming too much of a particular food, not chewing food properly or incompatible combinations of food in the one meal, such as large amounts of carbohydrates and proteins together. For example, bread consumed with cheese, meat or legumes, as in a burger. Reducing food quantities and proper food combining could solve the problem.

Rushing meals, so common in our rat-race society, can lead to indigestion and bloating. An effective way of relaxing before meals – especially for busy people – is to take two or three slow, deep breaths immediately before you commence eating.

Eating late in the day when digestion might be starting to close down can result in poor digestion and bloating. Eating around 8.00 pm or as late as 10.00 pm could be too late. Ideally, aim to finish eating at least three hours before retiring to bed, the aim being to go to sleep on an empty stomach, so that digestion is completed before we sleep and sleep will be better.

Yeast infection in the form of *Candida albicans* is a well-known and substantial cause of bloating. Other forms of yeast or mould can also cause it. In the case of *Candida* especially, the fungus feeds on sugar and the body has usually become very sensitive to yeast. The commonly prescribed answer – easier said than done – is to temporarily avoid all sugary foods (including dried fruit) and avoid all foods containing yeast or moulds, including cheese, beer, wine, leavened bread, sprouts, peanuts, vinegar and the three fruits that often contain mould – melons, grapes and oranges.

Soya milk or other soya products can sometimes cause bloating because of the presence of low levels of enzyme inhibitors which inhibit digestive enzymes. All seeds contain enzyme inhibitors, with soya beans being top of the list and peanuts probably a close second. Cooking or sprouting destroys most of the enzyme inhibitors, but some remain which can cause problems in sensitive people. Eating a lot of fibre is good for us, but if the food is not properly chewed, this can result in fermentation and bloating.

A remedy for bloating that works promptly is to take charcoal tablets. Charcoal has an enormous capacity to absorb gasses. This is, of course, treating the symptom, not the cause, so is only a short-term solution.

Digestive enzymes purchased from health shops, etc., can be taken with meals. It is wise to take these only

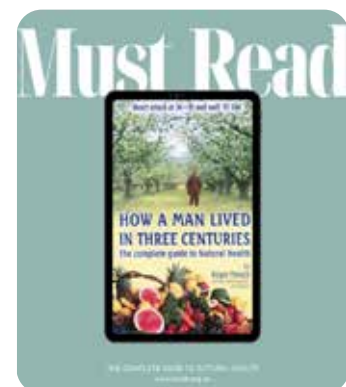
with some meals, such as the main meal of the day, because if they are taken with most meals, the digestive system may feel redundant and begin to shut down its own enzyme production.

It is possible to stimulate your digestion with foods or herbs that do this, including chilli, garlic, ginger or bitter green vegetables like rocket or endive.

When bloating doesn't respond to simple changes such as eating less, eating more slowly or chewing more thoroughly, the full-on approach is to follow Natural Health Dietary Guidelines and apply food combining.

In these guidelines, into which food combining is built, proteins and carbohydrates are kept to the modest amounts that are adequate for our body, namely – for a person of average size – around 100 to 150 grams of protein-rich foods daily and no more than approximately 120 grams in total of starchy foods (the equivalent of about four slices of bread or other starchy foods) daily.

These guidelines are summarised on pages 20 - 21. For greater detail plus food combining, see my book, *How a Man Lived in Three Centuries*.



How A Man Lived In Three Centuries

RRP \$27

Member price \$15

This book is designed to give you a complete overview of Natural Health Principles and how to implement them.

True Natural Health p.10

WEIGHT LOSS: factors contributing to obesity and strategies to achieve and maintain a healthy body weight

By Dr Gavin Levy

We live in an environment conducive to obesity – ultra-processed junk foods, alcohol and fast foods dominate society. We now have multiple delivery services, enabling us to stay seated on the couch while these obesogenic and chronic disease-promoting foods are delivered directly to our doorstep. When it comes to losing weight and keeping off the kilos, there is no substitution for prioritising our nutrition. Do not be fooled into believing that gym workouts alone will lead to sustained weight loss – while they may help, ‘you cannot outrun a bad diet’.

In this article, I will discuss:

- (1) Factors contributing to obesity.
- (2) Practical strategies to lose weight and maintain a healthy body weight.

Factors contributing to obesity

Inadequate Fibre Intake

While society tends to be obsessed with protein, there is little attention given to fibre, with approximately 95% of Australians being deficient in daily fibre intake. Fibre is the component of plant foods that is resistant to enzymatic breakdown by the small intestine and is associated with a whole range of health benefits, including weight loss and prevention of a host of acute and chronic diseases. Fibre is found in

whole plant foods, such as fruits and vegetables, legumes, whole grains and nuts. There is no fibre in animal products (meat/chicken/fish/dairy/cheese) and no or minimal fibre in ultra-processed junk foods (chips/chocolates/biscuits/cakes/soft drinks etc). Given the Standard Australian Diet provides most calories from ultra-processed foods and animal products, it is easy to see how most individuals living in Westernised countries are deficient in fibre. Research demonstrates that people consuming a high daily fibre intake consume fewer daily calories, feel more satiated after meals and are less likely to be overweight or obese compared to those consuming low amounts of fibre. Additionally, overweight or obese individuals who switch from a low to a high intake of daily fibre can experience significant weight loss and restore their body weight to a healthy range. So, what are the mechanisms at play enabling us to lose weight and maintain a healthy body weight by consuming more fibre?

Our microbes in the large intestine feast on fibre, producing short chain fatty acids which have a range of remarkable health benefits. From a weight loss perspective, these short chain fatty acids increase the secretion of appetite-suppressing hormones including GLP-1, leptin,



and PYY whilst simultaneously decreasing the secretion of appetite-enhancing hormones such as ghrelin.

Put simply, a high-fibre meal increases our satiety resulting in fewer calories consumed, weight loss and facilitating the maintenance of a healthy body weight. Interestingly, not only does a high-fibre meal reduce the total calories consumed during that meal, but it also leads to fewer calories consumed at the subsequent meal as well - known as the second meal effect. High-fibre foods also activate stretch receptors in our stomach which send signals to our brain that we are getting full. This is demonstrated in the following image, which demonstrates how 400 calories of fruits and vegetables or legumes and grains (fibre-rich foods) fill up our stomachs leaving us feeling satiated. Conversely, 400 calories of animal products or oil will leave us still feeling hungry, thereby encouraging overconsumption of calories and weight gain.

Alcohol

Ethanol in alcohol is high in calories. Consuming a few beers, wine or cocktails is a quick way to pack in extra calories and disrupt our body's ability to lose weight. Additionally, research shows that we tend to



consume more calories from food when under the influence of alcohol, as well as becoming more sedentary. All these mechanisms combined make regular alcohol consumption a recipe for weight gain.

Ultra-processed foods (including sugar-sweetened beverages) and fast foods are deficient in fibre and are a dense source of calories. A well-designed randomised controlled clinical trial by Kevin Hall *et al.* clearly demonstrates that we consume far more calories on ultra-processed foods compared with eating unprocessed foods. The net result is weight gain when regularly consuming ultra-processed foods.

Sedentary behaviour

When it comes to weight loss and maintaining a healthy weight nutrition is paramount. However, moving regularly can be of significant assistance when combined with excellent nutrition for losing and keeping off weight.

Lack of Sleep

Research demonstrates that sleep deprivation results in an overconsumption of calories from energy-dense and nutrient-poor ultra-processed foods, resulting in weight gain and a host of other

metabolic disturbances. I will cover this in more detail in another article dedicated to sleep.

Practical strategies to lose weight and maintain a healthy body weight

(1) Eat more fibre by consuming more plant foods:

I cannot emphasise enough just how important fibre is for weight loss. Eat plenty of fibre-rich foods daily, including:

- fruits: eat all types of fruit in abundance (berries/bananas/oranges/apples/stone fruits/papaya... the list goes on). Do NOT restrict fruit intake due to sugar concerns. The sugar in fruit is 'packaged' with fibre, phytonutrients, antioxidants and water which makes it different to the 'bad' sugar found in lollies and other sweets. Do NOT juice the fruit as this removes the fibre.
- vegetables: eat all types of vegetables (broccoli, zucchini, mushrooms, capsicum, carrot, eggplant.... the list goes on) including starchy vegetables (sweet potato, pumpkin and potato) in abundance.
- wholegrains: quinoa, oats, brown rice and corn are fibre-fueled food sources that will increase satiety.
- legumes: beans (black, kidney etc), chickpeas, and lentils should be

eaten in abundance. They are packed with fibre, will enhance satiety and will facilitate weight loss. Introduce them gradually if you are not used to consuming them.

(2) Reduce animal product consumption:

Meat, cheese, chicken, seafood and dairy are calorie-dense foods that contain no fibre. It is therefore easy to overconsume calories from Animal products. We have good research from the Adventist Health Study-2, EPIC-oxford study, and other studies with large sample sizes, that demonstrates the more animal products you eat, the more weight you tend to carry. Conversely, the more plant-based your diet, the less weight you carry and the more likely you are to reach and maintain a healthy body weight.

(3) Reduce your consumption of ultra-processed foods, fast foods and alcohol:

Fast food, alcohol, sweetened beverages, fried foods and cakes/cookies/biscuits/chocolates/and other processed foods should be kept to a minimum. These foods are fibre-poor and encourage overeating and weight gain.

(4) Do NOT count calories when eating plant-based:

When you consume most of your calories from the plant foods listed in point (1), there is no need to count calories. These foods are packed with fibre and it is extremely difficult to overeat them. Simply eat these foods until you feel satisfied and then stop eating. Perhaps try a cooked sweet potato loaded with black beans, a range of salads, hummus and some balsamic vinegar (there are many more recipes on the 'Doctors For Nutrition' website) – I can guarantee with a meal like this that you will feel full without overconsuming calories.

(5) Move regularly:

This does NOT mean you need to always exercise intensely. While intense exercise is beneficial if

you have the energy, simply moving your body regularly will facilitate weight loss when combined with improved nutrition. I recommend walking regularly as a great form of sustainable exercise. If you are feeling up to it, then, of course, increase the intensity of your exercise.

(6) Prioritise sleep:

Sleep deprivation makes it far more difficult to lose weight and maintain a healthy body weight. I recommend a minimum of 7.5hrs of rest each night (ideally 8 to 9 hours).

(7) Time-Restricted eating:

Time-restricted eating is a concept I will cover in more detail in another article. I recommend only eating over a ten to 12 hour window each day (12 to 14 hours daily of no calorie consumption). Try and avoid eating breakfast in the first 90 minutes after waking, and finish your last meal at least three hours before going to sleep.

On a final note, remember that small changes go a long way. If you are not willing to take an 'all or nothing approach' initially, that is okay. Start with small changes and gradually build up from there. You will start to notice the benefits, even if you tackle just one of the above points at a time.

Importantly, when you adopt a predominantly plant-based diet, not only will you achieve weight loss, but you are also reducing your risk of a wide range of chronic diseases – including type 2 diabetes, cardiovascular disease, dementia and many others.

Dr Gavin Levy: Is a medical doctor, physiotherapist and the NSW Ambassadoc at Doctors For Nutrition. If you are interested in a lifestyle medicine consultation [initial appointment 60-90mins; in-person or telehealth] please email drgavinlevy@gmail.com



The flyer features a large green leaf graphic in the top right corner. The main title 'NHSA SEMINAR' is written in large, bold, orange-red serif font. Below the title, the date 'JULY 27th, 2024' and time '10.30 am till 3.30 pm @ Sydney's SMSA' are displayed in a smaller orange-red font. A central text block in orange-red reads: 'Join us for a day of health inspiration. We'll have a great selection of speakers and serve a vegan lunch.' Below this, it says 'REGISTRATIONS ARE NOW OPEN!' followed by the website 'www.health.org.au'. In the bottom right, a large orange-red circle contains the text 'EARLY BIRD TICKETS \$69'. Three inset photos show speakers: a man in a white shirt speaking at a podium, and two women sitting on a stage, one holding a microphone.

Recipes



By our Vice President, Margaret Stepniewski

Maple Walnut Icecream

Ingredients:

- 1 cup pure maple syrup
- 1½ cups unsweetened almond milk
- 1½ cups full-fat coconut milk
- ½ cup chopped walnuts
- 3 tablespoons cornstarch
- 2 tablespoons coconut oil
- 1 tablespoon vanilla extract

Directions:

1. In a small bowl, whisk together the cornflour and 2 tablespoons of almond milk until smooth. Set aside.
2. In a saucepan over medium heat, whisk together the maple syrup, remaining almond milk and coconut milk until fully combined.
3. Bring the mixture to a gentle boil, stirring occasionally.
4. Reduce the heat to low and whisk in the cornstarch mixture. Continue to whisk until the mixture has thickened, about 5 - 7 minutes.
5. Remove the saucepan from heat and whisk in the coconut oil, vanilla extract and salt until smooth.
6. Allow the mixture to cool completely at room temperature, then chill it in the refrigerator for at least 2 hours or overnight.
7. Once the mixture is chilled, add it to an ice cream maker and churn according to the manufacturer's instructions or mix in food processer.
8. Mix in the chopped walnuts.
9. Transfer the ice cream to a freezer-safe container and freeze for at least 4 hours, or until firm.

This icecream is a delicious treat, that makes an excellent dessert for when you have friends over that need some convincing of how delicious plant-based can be!
Margaret



Broccoli and Chickpea Salad

Ingredients

SALAD

- 4 cups of broccoli, chopped
- 1 (425 gram) tin of chickpeas, rinsed
- 1 capsicum, chopped
- 2 sticks of celery, chopped
- ½ cup chopped red onion
- ¼ cup slivered almonds
- 30 gram crumbled feta (vegan or dairy)

LEMON TAHINI DRESSING

- ¼ cup tahini
- 3 tablespoons water
- 1 tablespoon maple syrup
- 1 lemon, juiced
- Pepper to taste

Method

1. Add the broccoli, chickpeas, capsicum, celery, red onion, slivered almonds and feta to a large mixing bowl.
2. In a separate small mixing bowl, stir together the tahini, water, maple syrup, lemon juice and pepper.
3. Pour the lemon tahini dressing on the salad and stir together, until well combined.



NHSA Webinar Series



Join us in learning from our fabulous line up of speakers this March 12 to April 2, 2024.



Tuesday, March 12 at 7.30pm SYD time, Susan Gianevsky.

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



Monday, March 18 at 1.00pm SYD time, Dr Sandra Tuszynska.

Dirt and Nutrition, How the Soil Microbiome Affects Our Microbiome.

Sandra Tuszynska graduated with first class honors in soil microbiology, Bachelor of Science 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.

Sandra's recent Raw Food article in our last Summer and Spring *TNH* issues was a great example of the knowledge and passion that she brings to her work. We're looking forward to hearing what she has to share about soil and microbiome health.



Tuesday, March 19 at 7.30pm SYD time, Helen Callanan

Preparing the Way: Insights From an End of Life Doula

Helen Callanan Helen is a practising end of life doula and the Founder, Managing Director and Lead Educator of Preparing the Way End of Life Doula Training across Australia and New Zealand. Preparing the Way has launched the world first nationally accredited Certificate IV in End of Life Doula Services. Trained in Traditional Chinese Medicine and Reiki teacher with more than 30 years of experience working with the very ill and dying, Helen has deep insight into health, healing, life and death – and all the beauty they hold.



Tuesday, March 26 and April 2 at 7.30pm SYD time, Dr Jenny Livanos.

Session 1: Natural Eye Exercises for Better Vision

Session 2: Nutrition for Healthy Eyes

Holistic Optometrist and Nutritionist Dr Livanos is treating us to a two-part webinar session where she will be drawing on her expertise as an optometrist and nutritionist to talk us through what we all should be doing to support our vision. Do you want better vision? Dr Livanos will be teaching us exercises and diet tips to improve our sight. Dr Livanos has been a *TNH* favourite for many years, and we are very excited to have her join us for this special two-part series.

Tickets are \$55 for the series (\$45 for members, use the code **member** at checkout to get your discount). 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.



The Healing Power of Cancer



A Book Excerpt
By Rob Prior

About Rob Prior

In January 2013, Rob Prior was diagnosed with Stage 3 kidney cancer and a badly damaged liver. By adopting a wide range of holistic healing protocols, his 6.5 cm tumour had completely disappeared and he had returned to perfect health 13 months later. Rob's acclaimed book *The Healing Power of Cancer* tells the story of how he achieved this. The following is an excerpt from his book.

Pete Melov's masterclass

On the autumn afternoon of 30 April 2013, Doc Neeson (singer from the hard rock band The Angels), Don Martin (from NZ new wave band Mi-Sex) and I, like three wounded soldiers, trooped up the narrow staircase to the office of Pete Melov's organic café, The Suveran café in Bondi Junction, along with Doc's partner Annie.

Doc had a brain tumour, Don had prostate cancer, and I had kidney cancer. How could the three of us benefit by receiving the same advice? Pete believes the truth about health and healing is simple.

Our meeting with Pete ran for about three hours, during which he bombarded us with questions and information. He was in his element, demonstrating exceptional knowledge and keeping us engaged at all times with his passion for healing.

Definitions

For this book, I have adopted the following definitions:

- Micro-organisms (or germs) are microscopic organisms (including bacteria and fungi) that may or may not cause disease.
- Pathogens are micro-organisms that cause disease when they are out of balance in the body.
- Parasites are harmful micro-organisms or macro-organisms (like ticks, lice and worms) that live in or on a host and benefit by stealing nutrients at the host's expense.

Dr Simoncini's fungal theory

With the five of us sitting in a circle, like a teacher holding his class spellbound, Pete asked us what we believed cancer to be. We each said we believed cancer was an illness caused by cells mutating out of control and trying to take over the body. Pete said we were just regurgitating the view of modern medicine and disputed this by telling us about the work of Italian oncologist Dr Tullio Simoncini MD PhD (born 1951).

Simoncini examined over 100 tumours and one of his many observations was that they were all white. Using an endoscopic camera and by also analysing removed tumours under a microscope, he proposed a theory that cancer is an overgrowth of the adaptive fungus *Candida albicans*. The presence of fungi in cancer is not new to the

medical world, but Simoncini went further and declared that cancer should be treated in a similar manner to thrush, a yeast-like fungal infection. Simoncini's theory is explained in his 2007 book *Cancer is a Fungus, A Revolution in Tumor Therapy*. Like Dr Bruce Lipton, Simoncini believes cancer is not inherited genetically.

Alkalisising with sodium bicarbonate

A quick chemistry lesson! The pH of a chemical solution is a figure between 0 and 14 expressing its acidity or alkalinity on a logarithmic scale.

- A solution with a pH of 7.0 is neutral
- A solution with a pH less than 7.0 is acidic
- A solution with a pH greater than 7.0 is alkaline

Since fungus thrives in an acidic environment, Simoncini proposed injecting cancer patients with a solution of baking soda (sodium bicarbonate), very alkaline with a pH of 10, to create an environment inhospitable to a fungal infection. Simoncini claims his cure rate with this treatment is around 70% for a wide range of cancers and very few of his patients have experienced adverse effects.

But there's nothing new about sodium bicarbonate as a treatment for cancer. In fact, ancient Hindu

medicine prescribed it more than a thousand years ago.

I was fascinated by Simoncini's theory and willing to keep an open mind. Maybe medical science is barking up the wrong tree. Maybe we need to make a paradigm shift. Maybe the cure for cancer is simpler than we thought. Anyway, 'fungal infection' certainly doesn't sound as scary as the big 'C' word.

Cancer can be scary if you believe it is random and can happen to anyone at any time. That's why the medical establishment likes to maintain an air of mystery surrounding cancer. For example, when reading the Cancer Council NSW website, I found their explanation to be unscientific and baffling. They claim that "Sometimes cells become abnormal and keep growing", but don't attempt to explain why. A fundamental principle of science is to seek to understand the causes. I was starting to suspect we're being kept in the dark.

Words are powerful. The word 'cancer' is emotionally-loaded medical jargon, designed to instil people with fear because it's shrouded in melodrama, darkness and uncertainty. This fear can be used to bully people into undergoing invasive treatments and not exploring natural healing options. It's a technique used successfully by politicians, advertising firms and insurance companies. Simoncini's theory is controversial, but so was Copernicus and Galileo's heliocentric theories of our solar system. Throughout history, theories have initially been ridiculed and rejected by the scientific community, only to be proven correct at a later stage. Examples include theories put forward by Gregor Mendel, Barry Marshall, Ignaz Semmelweis, William Harvey and Nikola Tesla.

Simoncini bemoaned, "They try to shut me down in any way. Tell me one big revolutionary discovery that was not shut down. Tell me one." As Albert Einstein opined, "Great spirits have always encountered violent opposition from mediocre minds."

Pete explained, "The fungus kingdom is a life form somewhere between the plant and animal kingdoms, but closer to animal. Do you know where the largest fungus in the world is?" A gargantuan honey fungus of the species *Armillaria solidipes* covers more than 3.7 square miles (9.6 square kilometres) in Oregon's Malheur National Forest and is more than 2400 years old. It is believed to be the largest organism on Earth and is about the size of 1800 football fields. It has killed many trees and woody plants in the national forest. Pete elaborated, "A fungal organism has genetically identical cells that can communicate and have a common purpose. It's a virulent, opportunistic micro-organism which takes advantage of someone with a weak immune system. It floods your body with spores and makes you crave sugar and carbohydrates to ensure its survival. Don't give in

to these cravings – you must starve the fungus to kill the infection."

"Is it okay to eat fruit?" I asked.

"No, no sugars of any description", Pete snapped.

"Through your dietary choices, you can either feed or starve your cancer. Don't delude yourself that you can eat heaps of good stuff like green vegetables and then splurge on ice cream. The fungus will go into a feeding frenzy. You must be disciplined at all times." According to Pete, very few doctors subscribe to the fungal theory of cancer, because it's not taught in medical schools. Pete continued, "You don't need to inject sodium bicarbonate into your body. Simply drink a bicarb solution – one teaspoon in a glass of water, once or twice a day. You also need to consume mostly alkalising foods and drink alkaline water".

Don said he'd known about the benefits of sodium bicarbonate and alkaline diet for a long time and believed they were helping his fight with cancer.

Pete recommended buying a pack of litmus papers from a pharmacy and testing the level of acidity or alkalinity of our urine or saliva first thing every morning, by referring to a colour chart.

"Let's talk about mould. It's a serious fungal infestation and a slow killer. Rob, you were telling me you have extensive mould in your basement. Can you sell your house?" Pete asked.

"Seriously? Gosh, that's a pretty drastic move, Pete."

"Well, how important is your health?"

Two years later, in 2015, I sold my house.

Pete turned to Don. "You're way too thin, Don. You're malnourished and need to put on weight. I know you're vegan, but you need to eat animal protein and consume bone broths."

"I can't and won't do that, Pete", Don replied.

"I'm just trying to help you heal", said Pete.

"I know, but that's my choice", said Don.

Pete was slightly frustrated but maintained his composure.

"Now Rob, I know you're vegetarian, but would you consider fish bone broths?"

"Hmm... well, if it's going to assist my recovery, I guess I could."

"That's great, Rob!"

Pete's detox tips

Pete continued, "You should install a water filter at the mains of your home's water supply to remove solids, sediment, bacteria and harmful chemicals such as chlorine and fluoride. This will provide pure water for drinking, cooking, bathing and washing your clothes."

"You must eliminate processed foods, sugar, alcohol, coffee, dairy and gluten from your diet and mainly consume alkaline organic vegetables. Fast food is a slow death".

"Don, I know you don't drink alcohol and Rob, I know you quit recently. Doc, do you drink?"

"Yes, my preferred drink is Scotch", Doc replied.

"Alcohol promotes cancer, weakens the immune system and damages the liver. Do you think you can quit drinking?" Pete asked.

"I can try", Doc replied noncommittally.

"Do you eat confectionery?" asked Pete.

"Oh yes, I have a sweet tooth", Doc said with a cheeky grin.

"Sugar feeds cancer, so you have to stop eating it immediately", Pete said firmly.

Doc frowned.

"I'm not sure I can do that", Doc said.

"I can imagine that life is pretty challenging for you at the moment and maybe you need something to comfort you."

"Yeah, that's true, Pete."

"Okay, I've got an idea. How about you document your alcohol and sugar consumption in a diary? Then you can see if your habits change incrementally, simply by bringing your awareness to them."

Don, Annie and I nodded in agreement with Pete.

Pete continued, "You must all detoxify and energise your body in every way possible. Physical exercise, fresh air and sunshine will all assist your cancer recovery."

"Now, who can tell me how fungus eats its food?" Pete quizzed.

We were all clueless.

"Healthy cells breathe oxygen, but fungal cells ferment. According to the German physiologist Otto Warburg, fermentation can't happen in an oxygen-rich environment. In other words, cancer doesn't like oxygen. That's why it's important to breathe deeply, guys."

We all took a deep breath.

"You must walk barefoot as much as possible, to connect to the Earth's magnetic field, which has a powerful healing effect. I recommend buying an earthing sheet, which grounds your body in a similar way to the Earth. It's a fitted bed sheet with a conductive grid of silver threads that connects to a wire you plug into the grounding port on a power point. It's a great way to remove EMFs, reduce inflammation and energise your body."

"Since most of your healing occurs while you sleep, I can't emphasise enough the importance of quality sleep."

"When you don't get enough sunlight during the day and you get too much artificial light at night, the time-keeper part of the brain that controls your circadian rhythms goes out of balance and your sleep suffers. So, don't spend excessive time at night in front of your electronic devices or watching television."

"I recommend having a far-infrared sauna two or three times a week, to boost your blood circulation and eliminate toxins from your body by sweating. Saunas are fantastic for cancer recovery. After the sauna, you should take a cold shower to close the pores of your skin, improve circulation, reduce inflammation and boost your immune system. You need to sweat more, not just with saunas, but from sunshine and exercise."

"Speaking of skin, did you know it's your largest organ of elimination? Sure, we eliminate waste by urine, faeces and exhalation, but you also need to clean the pores of your skin regularly. Saunas are a great start, but I recommend scrubbing your entire body with a paste made from sodium bicarbonate and apple cider vinegar every second day."

"When you get home, I suggest you dispose of any household and personal care products like soap, shampoo, cosmetics, toothpaste, cleaning products and pharmaceutical drugs that contain toxic chemicals. Many of these are carcinogenic and have been linked to a wide range of other diseases. You can replace some of these with the bicarb and apple cider vinegar paste."

"Did you know that dental amalgams contain high levels of mercury, which is neurotoxic and contributes to lung, kidney and brain cancer? If you have any amalgams, I recommend replacing them with composite resin fillings. Make sure your dentist uses a dental dam to prevent the mercury leaching into your mouth."

"And while you're at it, get rid of your microwave oven. It damages your food and emits dangerous EMF radiation. Also, aluminium and Teflon are toxic, so just use stainless steel pots and pans."

"Your gut is an ideal breeding ground for parasites, which include infectious fungi, bacteria and more, because they thrive in a warm, dark, moist, oxygen-depleted environment."

"Detox is a panacea for a wide range of illnesses, including cancer. There are some amazing detox substances like clays, zeolite and fossil shell flour that remove toxins from your body. I also recommend drinking green vegetable juices daily."

"Colonic hydrotherapy is a great way to detoxify your digestive system. There's a clean, modern place called The Last Resort near here."

"Do you think that will help me slim down, Pete?" I asked.

"Most of your big belly is not fat. You're mainly bloated with gas from a parasitic infection."

"I recommend Hulda Clark's zapper, which uses a weak electrical current to kill parasites in your body."

"Fasting gives your organs a rest and helps you detoxify."

The reason the Middle East has the lowest cancer rate in the world is that they fast regularly, which starves the cancer cells.”

“Doc, I can see you dye your hair black. You’re using carcinogenic chemicals like benzidine, catechol and pyrogallol, which are absorbed into your body through your skin. Can you stop doing that?” Pete asked.

“No, I’m a rock musician, it’s my work”, Doc replied.

“Look Doc, at the peak of your success, you were amazing on stage. You were so slim and agile... and now look at you! Don’t fool yourself... you’re not a rock star now. You’re overweight, bloated and lethargic... a shadow of your former self.”

Gulp! Revered by his fans, very few people would speak to Doc in this manner. Pete is a tough taskmaster, brutally honest and confronting, but coming from a place of compassion.

“You’re a sick person who needs to prioritise your health. It’s time for you to return to that person you once were. Doc, I want to ask you again... do you really want to live?”

“Yes, of course”, said Doc.

“Are you prepared to do whatever it takes to recover?”
Silence.

Pete took a deep breath and continued, “There’s a tendency for some people to invest more into their illness than their health. They often surround themselves with people who feed them with sympathy. So, I want you all to stop believing you are sick. Stop playing the role of victim. You must see yourself as being in recovery.”

He looked around the room and assured us, “If you follow my advice, your health will improve week by week. But remember, this is not a temporary measure. It’s not a fad diet. It’s a whole new lifestyle.”

Do we need more cancer research?

“Okay guys, listen up”, Pete said. “The human body is an amazing self-healing organism. Modern medicine has gone down the wrong path. We don’t need more cancer research. And we certainly don’t need governments spending taxpayers’ money on dangerous treatments like chemotherapy.”

Pete continued, “I’m not a fan of fundraising activities such as Cancer Awareness Week, Pink Ribbon or Daffodil Day.”

“Have you ever gone into a shopping centre and been accosted by a spruiker who tells you they’re raising awareness about a particular type of cancer? Many people think they’re from a charitable organisation, but in fact it’s a well-disguised business.”

“Other businesses don’t ask for donations to fund research into new money-making activities. Asking

for donations is a clever distraction. It’s actually a propaganda campaign, intended to pull at your heartstrings and exacerbate your fear surrounding cancer. It continues the deception that we don’t have a cure for cancer yet. It also cements the belief that we should turn to modern medicine for cancer treatment.”

“Rather than calling it Cancer Awareness Week, it should be called Modern Medicine Promotion Week”. If they were genuinely interested in helping society, they’d be raising people’s awareness of safe and effective ways of preventing cancer.”

“That makes sense, Pete. My GP, Dr Will was trying to convince me we’ll have a cure for cancer in the next five years”, I chipped in.

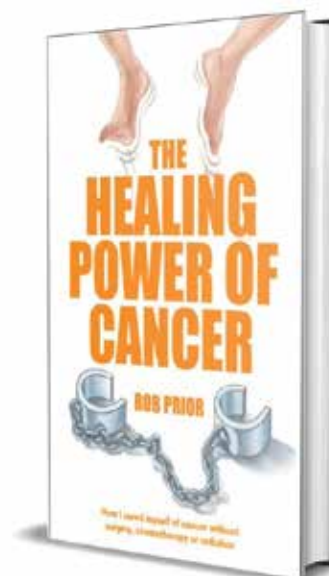
Pete retorted, “We’ve been spun this story for decades. When are people going to realise we’ve been duped?” Pete suggested the three of us should form a support group and focus on helping the least disciplined of our group, whom we all knew was Doc.

Pete gave us a lot of information to digest, but I trusted his advice and proceeded to follow it to the letter with alkaline diet, testing my body’s acidity with litmus strips, detoxification, juicing, installing a water filter, buying an earthing sheet, far-infrared saunas, body scrubs, colonics and replacing toxic products with non-toxic ones.

“One last thing, guys, make sure you watch the documentary *Cancer, The Forbidden Cures* on bitchute.com. It’s a real eye-opener.”

I left Pete’s three-hour meeting filled with optimism.

***The Healing Power of Cancer* is available from www.robprior.net**



Pete Melov’s advice delivered to Rob in his masterclass reflects some, but not all Natural Health principles. For example, Pete’s recommendation to stop eating fruit and start consuming bone broths deviate from the Society’s dietary guidelines. For a perspective on fruit more in line with the Society’s philosophy, please refer to Dr Levy’s article on pages 11 - 13 of this edition. Rob Prior’s story of recovery from stage-3 kidney cancer is a remarkable health story, the above book excerpt captures the beginning of his healing journey. The Society loves to help people share their healing journeys as learning from one another’s experience is powerful. Later in the year we will interview Rob to find out more about his healing journey, stay tuned.

NHSA Dietary Principles



LEMON AND WATER ON RISING

On rising, drink lemon juice diluted with hot or cold water.

FRUIT BREAKFAST

Eat a raw fruit breakfast. For better digestion, eat fruits of similar types together.



USE VEGETABLES OR FRUITS AS THE BASE OF EVERY MEAL

Aim for three-quarters to four-fifths of your diet to be vegetables and fruit. To maximise enzyme intake, choose raw whenever possible.

EACH DAY HAVE A 'PROTEIN MEAL' AND A 'STARCH MEAL'

Eat the lighter meal in the evening to facilitate good sleep. Starch-rich foods include starchy vegetables and wholegrains. Plantbased protein-rich foods include nuts, legumes and seeds.

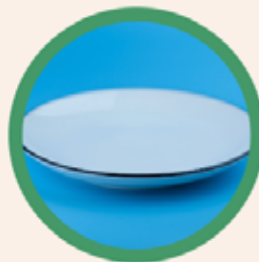


HYDRATE NATURALLY

Water is the best drink. Our water requirements vary depending on the weather, our activity levels, diuretic intake and diet. Pay attention to your body's hydration cues.

OVERNIGHT FAST

Your breakfast and dinner should be separated by at least 12 hours. Overnight fasting improves your metabolic fitness. This practice will set you up for longer therapeutic fasts when appropriate.



The dietary principles are designed as a framework only. You may prefer to start changes slowly. For example, switching to a lot of raw vegetables can create digestive disturbance. To avoid this some people may need to lightly steam their vegetables while slowly increasing their raw vegetable intake. Those with digestive and metabolic disorders should seek advice from a qualified practitioner before any major dietary change.

FRUIT TYPES



ACID

Citrus, pineapple, sour berries, tomatoes

SUB-ACID

Apples, pears, stone fruit, grapes, mangoes, ripe berries, persimmon, custard apples



NEUTRAL

Paw paw, ripe bananas, fresh figs, avocado



MELONS

Due to their high water content, melons are best eaten alone or with other water-rich fruit.





Meal Planner

	Breakfast	Lunch	Dinner
Mon	Seasonal fruit salad: Papaya, banana and dates.	Wholemeal sourdough with avocado, alfalfa sprouts, lettuce, carrot and beetroot. (STARCH MEAL)	Spiced Lentil Salad* on a bed of salad greens and Raw Energy Ball.* (PROTEIN MEAL)
Tue	Grated apple topped with raisins, prunes and chia seeds.	Fresh salad with sprouts, grated beetroot and carrot and roasted sweet potato. (STARCH MEAL)	Legume pasta with fresh tomato and basil sauce and side salad. (PROTEIN MEAL)
Wed	Mixed berries and coconut yoghurt.	Pasta salad (use leftover legume pasta) blend with homemade rocket pesto. (Blend sunflower seeds, rocket, garlic and lemon juice for an oil and salt free pesto.) (PROTEIN MEAL)	Leafy green salad with roast pumpkin and beetroot with a tahini, citrus and tamari dressing OR Potato and Cauliflower Curry.* (STARCH MEAL)
Thu	Muesli, uncooked rolled oats, shredded coconut, dried apricot and sunflower seeds.	Buddha bowl with tempeh, edamame, fresh grated ginger, avocado, alfalfa sprouts, lettuce, carrot and beetroot. (PROTEIN MEAL)	Beetroot Salad* with leafy greens and Muesli Slice.* (STARCH MEAL)
Fri	Seasonal fruit salad: Mango and banana.	Zucchini Noodles with Basil Walnut Pesto* and Raw Energy Ball* (PROTEIN MEAL)	Raw Carrot and Dill Soup* with wholemeal sourdough toast. (STARCH MEAL)
Sat	Mixed berries and coconut yoghurt.	Asian Noodle Salad* and Muesli Slice* (STARCH MEAL)	Nut Loaf* with leafy side salad and Mango & Chia Pudding.* (PROTEIN MEAL)
Sun	Seasonal fruit salad: Papaya, orange and pineapple.	Vietnamese Coleslaw* with your choice of 'starch' side ie. Brown rice, wholemeal sourdough, roasted sweet potato etc. (STARCH MEAL)	Spinach Salad with Shaved Beets & Asparagus* and Mango & Chia Pudding.* (PROTEIN MEAL)

*Recipe is on our website www.health.org.au . Go to recipes on site or use the search function on our home page and search the meal title, for example, 'Spiced Lentil Salad'

A Case of Stage 3 Cancer Reversal with Fasting

By Dr Greger



After a cancer diagnosis, the focus is understandably on monitoring the spread and resurgence of the cancer, but patients often also want to know what additional steps they can take to support their body's fight.

What role can fasting play here?

Fasting is purported to ameliorate cancers, but to support such claims, studies performed on castrated mice are cited. That's because there are no human studies, though there are a few case reports. For example: "Water-only fasting and an exclusively plant foods diet in the management of stage IIIa, low-grade follicular lymphoma"¹.

Case report

A 42-year-old woman presented to her primary care provider with a palpable mass in her groin and was immediately sent for a CT scan. A surgical biopsy confirmed the diagnosis of a low-grade follicular lymphoma. They then found involvement in the lymph nodes in her armpit, which would make it stage 3, meaning spread throughout her body. Because it didn't appear to be aggressive, she was just advised to follow up every three months to monitor its spread. But she didn't want to just sit around; so, she contacted the True North Health Centre in California to explore medically supervised, water-only fasting.

She had never smoked tobacco, but she had consumed the Standard American Diet; so, they started her on a wholefood plant-based diet free of added salt, oil and

sugar. Then, she did 21 days on water only, before transitioning back to a diet of minimally-processed plant foods, including fresh, raw fruits and vegetables, steamed and baked vegetables, wholegrains and legumes, and about an ounce [about 30 grams] a day of nuts and seeds.

So what happened next?

On physical exam, her cancerous lymph nodes seemed to be shrinking, and indeed, on CT scan, her enlarged nodes had shrunk up to 90 percent and no longer seemed to be active.

What could have led to the cancers shrinking?

She did lose weight, about 20 pounds [just over 9kg], but follicular lymphoma does not appear to be associated with obesity, nor does BMI appear to affect clinical outcomes.

It's possible the plant-based diet alone helped. Follicular lymphoma is the second most common type of non-Hodgkin lymphoma, which itself is the most common type of blood cancer in adults. Higher intakes of dietary fibre, wholegrains, and several fruits and vegetables are reported to reduce the risk of non-Hodgkin lymphoma, whereas animal-derived proteins and fat in meat and dairy may increase it. A dietary pattern high in meats, fats and sweets is associated with three times the risk of follicular lymphoma.

Animal foods and cancer risk

The thought that foods of animal origin may increase the risk of blood cancers originated from the frequent finding of an increased

incidence among people who are occupationally exposed to animals and meats, including livestock and poultry farmers, butchers and slaughterhouse workers. It must be acknowledged that animal foods are a potential source of infection by cancer-causing viruses. But it may just be the animal protein.

The animal protein theory

Excessive consumption of animal protein may encourage malignant changes through chronic persistent stimulation. Continuous exposure to these foreign proteins may act as a chronic irritant. The animal protein theory is bolstered by the fact that straight protein—casein milk protein—increases the number of lymphomas in rats. But that doesn't mean the same applies to people.

Maybe it's the hormones and antibiotics contained in meat or just the saturated fat? Both impair the immune system and promote chronic inflammation, which may play a role in lymphoma.

There may be a link between exposure to industrial pollutants, non-Hodgkin lymphoma and food. Food, especially meat, milk and fish, is the source of almost all dioxins and polychlorinated biphenyls (PCBs) in the general population. Dioxin-like pollutants build up in animal fat, which can then be passed along to consumers. Vegetarians may only be exposed to about two percent of the dioxin compared to non-vegetarian's.

What if I only eat organic meat?

When it comes to carcinogenic contaminants, the differences between organically and conventionally produced meats is

surprisingly minimal, and sometimes organic meats can be higher in cancer-causing compounds.

What can you do to decrease your exposure to dioxins and PCBs?

What can decrease your exposure to fat-soluble pesticides is fibre. Our gut flora can turn fibre into butyrate, which acts as a tumour suppressor. This effect has been demonstrated in more than a hundred published studies. Butyrate also has potent anti-inflammatory effects. That may help explain why fruit and vegetable consumption has been associated with decreased risk of developing lymphoma and improved survival.

The bigger picture

Maybe the reason the risk of lymphomas and cancers of the bone marrow tissues is significantly lower in vegetarians and vegans is not just because of what they're avoiding, but all the goodies they're getting more of. The phytochemicals and antioxidants in fruits and vegetables may inhibit tumour progression via a variety of mechanisms. Given the link between fruit and vegetable intake and lymphoma survival, maybe a lymphoma diagnosis can be an important moment to improve diet. That certainly seemed to be the story with our case study. At her six and nine month follow-ups, she reported strict compliance with her wholefood plant-based diet, and her lymph nodes remained unpalpable.

At her three-year follow-up she remained cancer-free, confirmed by CT and PET scans. Her cancer appeared to have been knocked down and out. The initial regression persisted for three years with no additional intervention other than the dietary change.

Could it have just been a coincidence?

Sure, but the initial regression directly coincided with the timing of her water-fast, suggesting a causal relationship, and there are biological

mechanisms by which fasting may potentiate tumour regression, such as decreasing levels of insulin-like growth factor 1 (IGF-1).

Spontaneous regression of cancer

The term "spontaneous regression" of cancer is a misnomer. There was something that caused the regression, whether we know what it is. Presumably, the immune system plays a role. The fact that you can get a marked increase in cancer rates when you are immunosuppressed suggests that cancers are popping up all the time, but your immune system is normally able to keep them at bay. There was an example, for instance, of a regression after a transfusion of blood from a patient who had previously sustained a spontaneous regression; or cases of patients who had been free of metastases for 15 or 20 years, only to develop rapidly fatal metastases after some type of stress or shock that apparently sharply reduced their resistance.

Spontaneous regression and nodular lymphoma

For most cancers, spontaneous regression is exceedingly rare, but lymphoma is an exception. Of 140 cases of nodular lymphoma (which is what they used to call follicular lymphoma), there were 18 cases of at least partial and six cases of complete regression. So, one in 25 cases just go away on their own. So, when you have follicular lymphoma cases in which tumours shrink after any kind of treatment—in this case after some herbal supplement—you always have to ask: is this cause-and-effect or just coincidence?

Natural killer cell activity

Elevated natural killing activity may be one of the possible mechanisms responsible for the spontaneous regression of malignant lymphoma. Natural killer cells may be part of our first line of defence against cancer by destroying tumour cells. And if you compare the natural killer cell

activity of those with malignant lymphoma that spontaneously regressed, versus those whose cancer didn't, or a control group, the spontaneous regression group does seem to be on the high end.

How can we increase natural killer cell activity naturally?

Exercise can increase natural killer cell activity, unless you're eating a high-fat diet. Those randomised to undergo an exercise training program on a high-fat diet suffered a decline in natural killer cell activity, suggesting training on a high-fat diet is detrimental to the immune system. Eating lots of contaminated fatty fish may also adversely affect natural killer cell levels. But a low-fat diet can dramatically increase natural killer cell activity within a matter of months by about 50 percent. This suggests that dietary fat might increase the formation of cancer by depressing the tumour surveillance capacity of the immune system.

Conclusion

Long-term fasting in cancer treatment is supported only by some case reports; so, more research is desperately needed. Sadly, there is currently no clinical research evaluating the effects of water-only fasting and a wholefood, plant-based diet on follicular lymphoma in humans. Long-term fasting is certainly not without risk. In one reported case, a man tried a 60-day water fast instead of chemotherapy for non-Hodgkin lymphoma. He ended up in respiratory failure and a coma because of Wernicke encephalopathy, a life-threatening neurological emergency caused by thiamine deficiency.

Starting on a healthier diet seems like a no-brainer. Just putting people on a plant-based, wholefoods, sugar-oil-salt-free diet, with or without fasting, is sometimes sufficient to induce an intense healing response.

References available on request

NATURAL HEALTH NEWS

Compiled By Roger French



War is Peace; Freedom is Slavery; Ignorance is Strength; and the Suspected Carcinogen, Aspartame, is Good for You – Just Ask the US Food and Drug Administration.

By James P. Hilton.

Yup, and pigs fly too!

This is the kind of watchdog we get when an industry has a federal agency buried deep inside its hip pocket, what Robert F. Kennedy Jr calls a “captive agency.”

The list of indisputable poisons once ‘approved’ by this establishment is mind-numbingly long.

Chemicals first unleashed, then later withdrawn after people started getting sick or dying, include saccharine, DDT, cyclamates, asbestos, red dye 2, cigarettes, Round Up, fluoride, thalidomide and literally thousands of additives, flame retardants, endocrine disrupters, pesticides, herbicides, genetically-modified organisms, drugs and some vaccines.

All were declared perfectly safe by the medical establishment and federal watchdog agencies.

If you want to sacrifice your healthy body on the altar of greedy multinational corporations and their handsomely paid ‘expert’ mouthpieces, go right ahead, be my guest.

But just remember there is a word

for doing the same stupid things repeatedly, but then foolishly wishing for a different result – insanity.

JAMES P. HILTON is an experienced paramedic and medical educator who has taught for the American Heart Association for over 20 years. He is Harvard trained in Mind-Body Medicine, is a medical historian and has written eight books.

The Miracle of Vitamin C

A blog by Lynne McTaggart, Co-Editor WDDTY.

In 1948, just three years after the end of the Second World War, a pandemic gripped America. Tens of thousands of people were struck down by the polio virus, and with no cure in sight and a vaccine still to be developed, thousands died. Those who survived were often left crippled – just as America’s then president, Franklin D. Roosevelt, had been.

Seven years earlier, a young doctor named Frederick Klenner, a general practitioner in Reidsville, North Carolina, had begun experimenting with a cure for polio by giving patients heroic doses of intravenous vitamin C.

On June 10, 1949, a year after the polio pandemic was at its height, Klenner presented a summary of his work to the annual conference of the American Medical Association (AMA), held that year in Atlantic City, New Jersey. He claimed to have treated 60 infants and children with his protocol and cured every one. He announced to the incredulous au-

dience of doctors, “In the past seven years, virus infections have been treated and cured in a period of 72 hours by the employment of massive frequent injections of ascorbic acid, or vitamin C. I believe that if vitamin C in these massive doses – 6,000 to 20,000 mg in a twenty-four hour period – is given to patients with poliomyelitis, none will be paralysed and there will be no further maiming or epidemics of poliomyelitis.”

Klenner’s talk was greeted by a polite silence. Here was the claim by a respected practitioner that he’d found a simple cure for the greatest scourge of the time, and not one doctor asked a question. One possible reason for this is that two virologists, Jonas Salk and Albert Sabin, were both in the audience and both were in the midst of work on polio vaccines.

Eight years later, in 1957, when the polio epidemic was already largely over, Salk released his injectable vaccine. Five years after that, Sabin licenced his oral vaccine. Both took the credit for ending an epidemic that had largely run its course, eight and 13 years after Klenner had found and successfully tested a simple, effective and inexpensive solution.

The problem was simply that vitamin C is not a drug. Vitamin C works by activating a particular enzyme called myeloperoxidase in white blood cells, which produce hydrogen peroxide. This in turn helps to create hydroxy, a powerful free radical that kills viruses and bacteria.

Undaunted by the medical community’s indifference, Klenner went

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on to experiment with using huge intravenous doses of vitamin C to treat a host of bacterial and viral diseases. He published his successes with a range of diseases, both viral and nonviral, including diphtheria, malaria, tetanus, tuberculosis and typhoid fever. Other doctors showed that vitamin C could even cure shingles by eradicating its cause, the herpes virus.

But vitamin C is not simply effective on bugs, as cardiologist, Dr Thomas Levy, discovered to his amazement. "I was awestruck as I witnessed an event that forever changed the way which I would practise medicine," writes Levy in his book *Primal Panacea* (MedFox Publishing).

"That day I watched a very ill patient with multiple sclerosis rapidly display a striking clinical improvement that was not supposed to happen. The patient's change was so striking and occurred so rapidly that it radically altered my understanding of physiology, disease and medicine."

In 1993, Levy had been visiting the offices of noted dentist, Dr Hal Huggins, who believed that many illnesses started with the state of a patient's teeth. Dr Huggins treated his patients with nutrition, supplements and general lifestyle recommendations. He was especially expert in removing traditional dental toxins, such as mercury fillings and infected teeth.

That day a woman arrived, very ill, listless and in a wheelchair, a victim of an advanced case of multiple sclerosis. She underwent several hours of dental surgery, followed by intravenous vitamin C.

"Almost immediately after the end of her treatment, she began smiling, joking a bit and proclaiming her energy was greatly improved," writes Dr Levy.

He expressed his amazement at her extraordinary turnaround to Dr Huggins, who simply pointed to the

empty vitamin C IV bag. After witnessing the woman's rapid progress, Dr Levy resolved to study this miracle vitamin further. Since that time he has made it his life's work to re-search the ability of large doses of vitamin C to cure a wide range of illnesses, from viruses to cancer and even his own specialty, heart disease.

Lynne McTaggart is an award-winning journalist and the author of seven books, including the best-sellers *The Power of Eight*, *The Field*, *The Intention Experiment* and *The Bond*, all considered seminal books of the *New Science* and now translated into some 30 languages.

Short, Intense Bursts of Effort Reduce Risk of Cancer

By Doris Maugg, Phd

The results of a recent study in *JAMA Oncology* suggest that even short periods of intense, intermittent physical activity are associated with a lower risk for cancer. This activity could be a promising measure for cancer prevention in people who otherwise find it difficult to exercise regularly.

The periods of physical activity are short phases of strenuous physical exercise that normally last for one or two minutes, such as a short sprint for the bus or walking up the stairs.

Using data gathered from wearable arm trackers, the researchers analysed the physical activity of 22,398 people with an average age of 62 years from the UK Biobank. Of these participants, 55 percent were women. After a median follow-up of 6.7 years, the researchers determined the general cancer incidence rate in this group and the incidence rate of 13 kinds of cancer associated with minimal physical activity.

During the study period, 2,356 cancer events occurred, of which 1,084 were the kinds of cancer associated



with minimal physical activity. Nearly all the intense physical activity (92.3 percent) was achieved in bursts of up to one minute.

The daily duration of activity was almost directly in proportion to the outcome, wrote Emmanuel Stamatakis, Professor of Physical Activity and Lifestyle at the University of Sydney. The extent of the risk reduction for the kinds of cancer associated with minimal activity was larger than for the overall cancer incidence rate.

Just four minutes makes a difference. For example, the lowest amount of intense, intermittent physical activity of up to one minute at a time was generally 3.4 minutes per day for cancer in general and 3.7 minutes per day for cancer associated with minimal activity.

The results of the study suggest that people with a little less than four minutes per day of sporadic intense activity had an overall 17 percent lower risk of cancer.

For the kinds of cancer possibly associated with minimal activity, the risk was reduced by 28 percent.

The researchers concluded that even a few minutes of short, intense physical exercise in people with less time for leisure activity could lower their cancer risk.

More studies are required to see whether these results might apply to people who already have a cancer.

However, physical activity does play a role in patients with cancer, since physical fitness improves muscle strength, cancer-related fatigue and the survivors' quality of life. Any physical activity is better than none, declared the researchers.

Coq10 for Vital Health

Originally posted by Naturally Healthy News Team

The antioxidant Coenzyme Q10 (CoQ10) is integral to the human body. It is essential for cellular energy production and protection from oxidative damage caused by free radicals.

CoQ10 can be found naturally in all cells, but is primarily concentrated in organs that require a lot of energy, especially the heart and brain.

Unfortunately, levels of CoQ10 can be depleted due to age, certain medical conditions and some medications.

HERE ARE THE KEY BENEFITS OF CoQ10.

How does it work?

CoQ10 helps the mitochondria in our cells to produce ATP (adenosine triphosphate), which is the primary energy source for our cells.

This means that with adequate levels of CoQ10, our cells can have the energy to work efficiently and repair damaged tissues or organs more quickly. It also works as an antioxidant, neutralising free radicals and preventing them from damaging cell membranes and DNA.

As a nutrient powerhouse, CoQ10 is found naturally within our cells and is essential for the adequate functioning of numerous organs in our bodies.

Heart health

CoQ10 may improve heart health by reducing inflammation, blood pressure and oxidative stress on the

heart. It can improve heart function and reduce the risk of cardiovascular disease.

One study found that CoQ10 supplementation improved exercise capacity in patients with heart failure, while another study showed that it decreased blood pressure in people in whom it was high.^[1,2,3]

Additionally, CoQ10 has been shown to help reduce oxidative stress and inflammation, both of which can contribute to heart disease.

Immune function

This vital antioxidant has an ability to support immune function. It can boost the activity of white blood cells, which are responsible for fighting off infections.^[4]

White blood cells are essential components of our immune systems, and with the help of CoQ10, they may become more effective. Additionally, CoQ10 has been found to help reduce inflammation.

Anti-ageing benefits

CoQ10 has been found to slow ageing by helping to boost immune function, improve periodontal health and reduce oxidative stress.^[5]

Benefits of taking a CoQ10 supplement

Adding a CoQ10 supplement to a healthy diet may help support the body's natural processes in many ways:

- It supports cardiovascular health by helping reduce inflammation, blood pressure and oxidative stress on the heart.
- It enhances cognitive function by increasing the blood flow to the brain and supporting nerve cell growth.
- It supports fertility by increasing sperm motility and improving egg quality in women undergoing IVF treatments.
- It maintains healthy skin by boosting collagen production and decreasing oxidative damage caused by sun exposure or environmental toxins.

If you decide to try this natural antioxidant supplement for yourself, start slowly with a lower dosage until your body becomes accustomed to it, so that you can then increase the dosage.

Vitamin E for Relief from Menstrual Cramps

Originally posted by Naturally Healthy News Team

Period pains – also known as dysmenorrhea – can be a monthly challenge for many women, causing discomfort and affecting their daily lives. While there are various remedies available, one natural solution that has gained attention is vitamin E. Known for its antioxidant properties, vitamin E offers numerous benefits beyond its role in supporting overall health.

Vitamin E research and period pain

The good news is that research has shown a promising connection between vitamin E supplementation and reduced menstrual symptoms. A study published in the *Pakistan Journal of Medical & Health Sciences* examined the impact of Vitamin E supplementation on primary dysmenorrhea, or menstrual cramps.

The randomised controlled trial involved a group of women experiencing moderate to severe menstrual pain. The participants were divided into two groups, one receiving vitamin E supplementation and the other receiving a placebo [a pill with no therapeutic effect].

The results revealed that the group receiving Vitamin E experienced a significant reduction in the intensity and duration of menstrual cramps compared to the placebo group. The researchers concluded that Vitamin E supplementation could be an effective natural intervention for alleviating menstrual pain and improving the quality of life for women suffering it.

How vitamin E helps

It has been suggested that Vitamin E, a fat-soluble antioxidant, plays a role in alleviating period pains through its anti-inflammatory and antioxidant properties.

Arachidonic acid, an omega-6 fatty acid, plays a role in producing inflammatory substances in the body, including prostaglandins. During menstruation, increased levels of arachidonic acid can lead to an elevated production of prostaglandins. These prostaglandins cause uterine contractions, resulting in the characteristic cramping and pain associated with menstrual periods.

Vitamin E, with its anti-inflammatory properties, may modulate the metabolism of arachidonic acid. It has been suggested that vitamin E can inhibit the conversion of arachidonic acid into inflammatory mediators, including prostaglandins, thus reducing the intensity of period pains.

The mechanism by which vitamin E may ease menstrual cramps and improving comfort during menstruation is by influencing the arachidonic acid pathway.

Furthermore, the antioxidant properties of vitamin E may help minimise oxidative stress and tissue damage associated with inflammation, contributing to pain relief. The anti-inflammatory and antioxidant properties of vitamin E may make it a promising natural option for managing period pains.

Incorporating vitamin E-rich foods and supplements into a woman's routine may provide relief and help with navigating the monthly cycle more comfortably.

Balancing hormones

Apart from its role in managing period pains, vitamin E plays a crucial role in hormone balance. It has been shown to help regulate oestrogen levels in the body, which can contribute to overall hormonal harmony.

Maintaining balanced hormone levels can help alleviate symptoms such as mood swings, breast tenderness and bloating often accompanying the menstrual cycle. By promoting hormonal equilibrium, vitamin E supports a smoother and more predictable monthly experience.

How Cholesterol Prevents Alzheimer's

By Lynne McTaggart and Bryan Hubbard, Editors, What Doctors Don't Tell You.

Drug regulators have finally admitted that cholesterol-lowering statin drugs cause muscle weakness – something that people taking the drugs could have told them years ago.

But the drugs do something far worse than that – they are increasing the risk of Alzheimer's. Research released this week has discovered that lowering levels of cholesterol also reduces the amount of a protein called ABCA7 in the brain. Previous studies have shown that this protein protects against Alzheimer's, and people aged between 63 and 78 are more prone to develop the disease if their levels of ABCA7 drop.

Researchers from Temple University Health System in Philadelphia USA wanted to find out if the protein in human brain cells is affected by cholesterol and inflammation, and so they reduced levels of cholesterol in one line of brain cells, and also fed the cells the statin drug, *rosuvastatin*, which stops cholesterol from synthesising. In other words, ABCA7 wasn't regenerating once the cells had been exposed to the statin. In a separate test, the same cell lines were fed cytokines, which trigger inflammation.

ABCA7 levels dropped by up to 40 percent when cholesterol was depleted – a process that can lead to Alzheimer's.

The researchers didn't specify which



form of cholesterol had been targeted, but as statins were used, it's safe to assume it was LDL (low-density lipoprotein), the so-called 'bad' cholesterol. It is already known that LDL protects the brain, and now researchers have demonstrated how it does it.

This is all part of a much bigger picture, and it leads back to one of the biggest blunders in Western medicine. Since the 1980s, LDL cholesterol has been fingered as the 'bad' guy that is behind the epidemic of heart disease. It's the type of cholesterol that clogs up our arteries and that leads to atherosclerosis, or cardiovascular disease (CVD) – or so the lipids theory of heart disease goes.

It's true: LDL does build up around the artery wall. But why? As WDDTY has been arguing for years, LDL is not the original cause, it is a protective agent that is repairing arteries that have been damaged by inflammation. The new research is demonstrating that we are seeing similar mechanisms in brain cells.

It can be likened to blaming the fire brigade for fires because they always seem to be around when there is one.

The real culprit is inflammation, and it's the driver of heart disease, Alzheimer's and many other conditions. Reducing levels of a protective agent such as LDL explains the epidemic of a number of diseases, especially in older people who are constantly being encouraged to start statin therapy.

References available on request.

We're All Ingesting Microplastics at Home. Here Are Some Tips to Reduce Your Risk.

Mark Patrick Taylor Professor of Environmental Science and Human Health, Macquarie University
Neda Sharifi Soltani Macquarie University
Scott P. Wilson Macquarie University



Australians are eating and inhaling significant numbers of tiny plastics at home, our research shows.

These 'microplastics', which are derived from petrochemicals extracted from oil and gas products, are settling in dust around the house. Some of these particles are toxic to humans — they can carry carcinogenic or mutagenic chemicals, meaning they potentially cause cancer and/or damage our DNA.

We still don't know the true impact of these microplastics on human health. But the good news is, having hard floors, using more natural fibres in clothing, furnishings and home-wares, along with vacuuming at least weekly can reduce your exposure.

What are microplastics?

Microplastics are plastic particles less than five millimetres across. They come from a range of household and everyday items such as the clothes we wear, home furnishings, and food and beverage packaging.

We know microplastics are pervasive outdoors, reaching remote and inaccessible locations such as the Arctic, the Mariana Trench (the world's deepest ocean trench), and the Italian Alps.

Our study demonstrates it's an inescapable reality that we're living in a sea of microplastics — they're in our food and drinks, our oceans and our homes.

What we did and what we found

While research has focused mainly on microplastics in the natural environment, a handful of studies have looked at how much we're exposed to indoors.

People spend up to 90% of their time indoors and therefore the greatest risk of exposure to microplastics is in the home. Our study is the first to examine how much microplastic we're exposed to in Australian homes. We analysed dust deposited from indoor air in 32 homes across Sydney over a one-month period in 2019. We asked members of the public to collect dust in specially prepared glass dishes, which we then analysed.

We found 39% of the deposited dust particles were microplastics; 42% were natural fibres such as cotton, hair and wool; and 18% were transformed natural-based fibres such as viscose and cellophane. The remaining 1% were film and fragments consisting of various materials. Between 22 and 6,169 microfibrils were deposited as dust per square metre, each day.

Homes with carpet as the main floor covering had nearly double the number of petrochemical-based fibres (including polyethylene, polyamide and polyacrylic) than homes without carpeted floors. Conversely, polyvinyl fibres (synthetic fibres made of vinyl chloride) were two times more prevalent in homes without carpet. This is because the coating applied to hard flooring degrades over time,

producing polyvinyl fibres in house dust.

Microplastics can be toxic

Microplastics can carry a range of contaminants such as trace metals and some potentially harmful organic chemicals.

These chemicals can leach from the plastic surface once in the body, increasing the potential for toxic effects. Microplastics can have carcinogenic properties, meaning they potentially cause cancer. They can also be mutagenic, meaning they can damage DNA.

However, even though some of the microplastics measured in our study are composed of potentially carcinogenic and/or mutagenic compounds, the actual risk to human health is unclear. Given the pervasiveness of microplastics not only in homes but in food and beverages, the crucial next step in this research area is to establish what, if any, are safe levels of exposure.

How much are we exposed to?

Roughly a quarter of all of the fibres we recorded were less than 250 micrometres in size, meaning they can be inhaled. This means we can be internally exposed to these microplastics and any contaminants attached to them.

Using human exposure models, we calculated that inhalation and ingestion rates were greatest in children under six years old. This is due to their lower relative body weight,

smaller size, and higher breathing rate than adults. What's more, young children typically have more contact with the floor, and tend to put their hands in their mouths more often than adults.

Children under six inhale around three times more microplastics than the average — 18,000 fibres, or 0.3 milligrams per kilogram of body weight per year. They would also ingest on average 6.1 milligrams of

microplastics in dust per kg of body weight per year.

For a five-year-old, this would be equivalent to eating a garden pea's worth of microplastics over the course of a year. But for many of these plastics there is no established safe level of exposure.

Our study indicated there are effective ways to minimise exposure.

First is the choice of flooring, with

hard surfaces, including polished wood floors, likely to have fewer microplastics than carpeted floors. Also, how often you clean makes a difference. Vacuuming floors at least weekly was associated with less microplastics in dust than those that were less frequently cleaned. So get cleaning!

This article was originally published in *The Conversation* on and is being re-published under a creative commons license.

NEWS FROM EMR AUSTRALIA

By Lyn McLean, Director.

www.emraustralia.com.au

Wireless radiation and the brain

Our brain is the organ that is most sensitive to radiofrequency (wireless) radiation. And chances are it's being bombarded by exposure every single day.

A team of Korean researchers reviewed the relevant research and made some interesting observations.

"Humans are swimming in a vast ocean of different radiations in this environment, resulting in frequent exposure," the authors wrote. This radiation is known to affect biological systems from microbes to animals and humans, and how it affects them depends on the characteristics of the signal, including frequency, power and length of exposure. For example, wireless radiation has been found to have harmful effects on the male reproductive system.

However, it's the central nervous system (CNS) that's most affected by exposure. "Specifically, microwaves can damage the brain, particularly the neurotransmitters which play an important role in passing nerve messages inside the body," the authors wrote.

Among the harmful effects on the CNS that were identified were;

- * DNA damage,
- * oxidative stress,
- * behavioural changes, such as anxiety,
- * reduced memory and learning,
- * changes to calcium influx,
- * changes to antioxidant enzymes, and
- * possibly CNS diseases such as alzheimer's.

Protection with natural products is necessary to reduce these harmful effects, they say.

One of these is consuming flavonoids, beneficial compounds found abundantly in fruits and vegetables. These plant-derived compounds display important radio-protective and neuro-protective properties, while reducing DNA damage and inflammation within the CNS.

The brain can be protected from wireless radiation by shielded caps, which have been shown to block up to 99.99 percent of wireless signals. These are available from EMR Australia.

And it helps to bolster our diet with organic fresh fruit and vegetables.

Hypochondrics Have Increased Risk for Death and Suicide **By Eve Bender, Medscape,** **January 2, 2024**

Individuals with hypochondriasis — also known as health anxiety disorder — had an 84 percent higher risk for all-cause mortality compared to those without this condition, including a higher risk for both natural and unnatural death, according to a new study.

The risk for suicide — the most common unnatural cause of death — was four times higher in those who had hypochondriac tendencies.

The majority of individuals with hypochondriasis (86 percent) were diagnosed with at least one additional psychiatric disorder (primarily anxiety and depression) compared to the group without hypochondriasis (20 percent).

"Taken together," the study authors wrote, "these findings illustrate a paradox, whereby individuals with hypochondriasis have an increased risk for death despite their pervasive fears of illness and death. In this study, most deaths could be classified as potentially preventable."

These findings, the investigators noted, suggest the need for more clinical screening and treatment of hypochondriasis.

SOURCE: David Mataix-Cols et al, Karolinska Institute, JAMA Psychiatry, December 2023

Five simple tips to help you stay healthy this autumn

By Hopewood Lifestyle

Increase Vitamin D

Vitamin D is vital to our wellbeing because it improves immunity, regulates blood sugar, and helps the body absorb calcium. Since we acquire most of our vitamin D from the sun and spend much of the autumn and winter months indoors, our intake often declines when the temperature drops.

Now it's the time to eat foods rich in vitamin D, including mushrooms, plant-based milks, orange juice, egg yolks, cheese, tofu, breakfast cereals and yogurt. If you are a pescovegetarian then the very best natural food sources of vitamin D are oily fish, including salmon, mackerel and sardines. [EDITOR'S NOTE: Most vegetarian foods that are listed as a vitamin D source only contain Vitamin D because of fortification. UV-exposed mushrooms are the stand-out food source of vitamin D in a plant-based diet.]

If you don't absorb enough vitamin D from your diet then autumn is the time to consider taking a daily supplement.

Build your immunity by choosing seasonal ingredients

Beautiful fruits and vegetables appear in the markets and grocery stores across the country at this time of year. Seasonal produce is not only fresher and tastier, but it is also more nutrient-dense than produce grown out of season.

By including seasonal fruits and vegetables in your diet you will increase your intake of vitamins, minerals, and antioxidants, which in turn will

boost your immunity. For optimum wellbeing Hopewood recommends eating 60% of this fresh produce raw, but the autumn is the perfect time to add warm soup and comfort food to your diet.

Some great autumn comfort foods

include:

Apples

Broths

Beets

Broccoli

Cabbage

Dark green leafy vegetables

Eggplant

Kale

Pumpkin

Roasted Squash

Sweet potatoes

Improve your sleep

Studies show sleep plays a critical role in immune function, metabolism, memory development and other vital functions, so a good night's sleep is crucial. Sleep deprivation suppresses immune system functions. The less sleep you get, the harder your immune system has to work to fight colds and bacteria, so getting a good sleep every night is very important.

The best ways to improve the length and quality of your sleep include keeping a routine bedtime, exercising regularly, avoiding caffeine and limiting screen time before you go to bed. Exposing yourself to bright light from a phone, laptop, tablet or computer screen can impact your sleep. The brain creates a hormone called melatonin that regulates a person's sleep and awake cycles. Too much

light from these screens at night can affect melatonin production and fool the brain into thinking the body isn't ready for sleep. Putting the screen down an hour before your bedtime will allow your body to regulate.

Exercise regularly

Exercise is not only effective in burning calories, it also encourages a healthy immune system. Exercise temporarily boosts the production of macrophages, which are the cells that attack bacteria. Also, during moderate exercise, immune cells circulate through the body more quickly and are better able to kill bacteria and virus. Whether you do a gentle walk in the local park or an intense aerobic session at the gym, aiming for at least 30 minutes of exercise every day is recommended.

Exercise releases endorphins, so it's also the optimum way to feel instantly refreshed and alert. Endorphins give your brain and body a jolt of energy that's healthy and long lasting!

De-stress and relax

Your body builds immunity more quickly and efficiently when it is calm. Mindful relaxation is vital to your holistic wellbeing. All of us find different ways to relax. While you may choose to pay for a professional massage, beauty therapy or acupuncture session, most relaxation techniques can be done on your own or with the aid of a free audio download or inexpensive smartphone app.

We're all different, so it's important to find the relaxation technique that works for you. Perhaps it's reading poetry under a tree by your favourite pond, or chilling out on the lounge

True Natural Health p.30

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listening to music. Hopewood recommends practicing deep breathing, meditation, yoga or Tai Chi which can all go a long way to unwind those knots and relax your muscles. Whichever relaxation methods you choose, regular practise can greatly reduce everyday stress and anxiety, improve your sleep, boost your energy and mood, and improve your immune system and wellbeing.

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DOGS AND CATS

Compiled by Roger French

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



Powerful Link Between Pets and Our Mental Health

1st January 2024

Pets can make us laugh and give us comfort, and their ability to measurably lower stress levels is something that animal lovers of every age have learned for themselves.

The American Psychiatric Association's Healthy Minds Poll found that the majority of pet owners – 88 percent – consider their pets part of the family.

Among the pet owners, 86 percent said their pets have a mostly positive impact on their mental health. The beneficial effects appeared equally for both dogs and cats.

Benefits of pet ownership included the following:

- Reduced stress and anxiety;
- They provide unconditional love and support;
- They offer companionship;
- They provide a calming presence;
- They are true friends.

Interestingly, compared to dog owners, cat owners were more likely to report that their pet offered companionship, a calming presence and stress relief. Dog owners, on the other hand, were twice as likely to say their pet helps them stay physically active.

How to Help Our Pet Deal with Grief

4th December 2023

Research shows that pets may be significantly affected by the death of another household pet. Behavioural changes are common in

pets after another pet dies, particularly for affectionate behaviours – displayed by approximately three-quarters of dogs and cats – and territorial behaviours, displayed by almost two-thirds of dogs and cats.

Studies show that in the majority of cases when pets have changes in affectionate behaviour, they become more demanding of attention or are more needy or clingy toward their owner. This mirrors the way some pets experiencing separation anxiety respond to their owners upon return.

Both dogs and cats tend to spend time seeking out the deceased pet's favourite spot. Some dogs also eat less, while others eat more slowly or sleep more after losing their companion. Some dogs and cats increase vocalising, while three in 10 dogs also bark and whine more.

Further, the more grief-stricken the owner, the more likely are there to be behaviour changes in the surviving dog – possibly related to the owner's emotional status.

One of the best ways to ease a pet's grief is to keep your daily routine as close to normal as possible; feed your pet at the same time as usual, go for your regular walks and find time for extra affection and play.

If house-soiling, aggression or other negative behaviours emerge, don't yell or punish your pet; instead, give positive support.

And while you may be tempted to add a new furry member to your family right away, keep in mind that this won't replace your lost pet in your other animals' eyes – or your

own. It takes time to go through the grieving process, so give all members of the household time to adapt.

Are You Unwittingly Poisoning Your Pet?

25th December 2023

If you share your home with one or more beloved pets, make sure you're not creating a toxic environment that can severely injure your pet.

When we do house cleaning, for the sake of our furry family members (and ourselves), it's important to not use potentially toxic cleaning chemicals.

Fortunately, there are inexpensive, non-toxic cleaning products that can handle a wide variety of jobs effectively. A brand that the Natural Health Society has promoted for many years is Tri Nature; its range was developed by an industrial chemist who was dissatisfied with producing toxic chemicals and turned to inventing a health-safe range.

Eggs: Nutritious Pet Superfood

8th January 2024

The humble egg contains various bioactive compounds, including phospholipids (such as lethicin) and antioxidants that may improve vision and immune response.

Egg also has all 10 essential amino acids that our pets need. These are required for various functions, including metabolic regulation, gene expression and cell signalling. Eggs contain choline, which helps lower the risk of 'doggy dementia'.

True Natural Health p.32

Buy eggs from free-range hens, as these hens live in a healthier environment that is closer to the animal's natural habitat.

Why Most Cats Go Crazy Over Tuna and Salmon

13th November 2023

The feline attraction to this food has puzzled scientists because today's domestic kitties evolved from desert-dwelling wildcats living where fish are scarce or absent. Desert wildcats dine primarily on mice, rats, birds and reptiles. Yet it turns out cats' taste buds have receptors that are tuned to certain constituents found in high concentrations in tuna and salmon.

Cats' taste buds have receptors that detect umami – the savoury, deep flavour of flesh. UK researchers have discovered that feline taste receptors are also uniquely tuned to the compounds histidine (an amino acid) and inosine monophosphate (a nucleotide) found in high concentrations in tuna.

However, tuna is not a good food for cats. While it offers a wealth of nutrients, it may also be contaminated with toxic pollutants, including mercury, pesticides and polychlorinated biphenyls (PCBs).

Wild-caught Alaskan salmon or sardines are safer alternatives to tuna, as they offer plenty of omega-3s with a much lower risk of toxins.

Pears: Let Our Pet Enjoy This Delicious Fruit

18th September 2023

In late autumn, winter and spring we have an abundance of this sweet, delicious fruit in our local markets. Pears are well supplied with immune-boosting antioxidants and anti-inflammatory benefits. Pears contain four main phenolic compounds: chlorogenic acid, arbutin, epicatechin and rutin, which

act as strong antioxidants and are abundant in the fruit's flesh and skin.

These phenolic compounds have been found to help protect our pets from chronic diseases, including cardiovascular disease, as well as having anti-cancer, anti-mutagenic and anti-bacterial properties.

Pears contain the antioxidants, vitamin C, and beta-carotene (the precursor to vitamin A).

In short, pears help boost a pet's immune function and inhibit inflammation.



Walnuts: A Crunchy Nut for a Great Training Treat

27th January 2024

When offered in the proper way (chopped into small pieces), this popular tree nut can add a crunchy texture and a healthy dose of phytochemicals to our pet's snack time.

A walnut half can be chopped into four training treats and fed to a 20-kilogram dog during the day.

A 2022 study in the journal *Molecules* examined the phenolic compounds in 10 different types of nuts, as well as peanuts (a legume); walnuts contained the highest amount of flavonoids. Walnuts contain the sleep hormone, melatonin, which may offer many advantages for pets, including regulating the immune system,

scavenging free radicals due to its antioxidant effects and inducing restful sleep.

Because walnuts contain good levels of omega-3 fatty acids, warm temperatures can make them turn rancid easily, so it's best to keep them in the fridge.

Cranberry Extract Rivals Antibiotics in Preventing UTIs

8th January 2024

Bacterial urinary tract infections (UTIs) are common in dogs, and *Escherichia coli* is the culprit in about half of all canine cases. Similarly to humans, females are more often affected.

The development of a urinary tract infection is the result of a change in a dog's immune defences or an overwhelming bacterial burden that allows pathogenic bacteria to proliferate.

One of the dangers of chronic UTIs is reliance on antibiotics to clear the infection. Antibiotics carry side effects and antibiotic resistance is a problem in both human and veterinary medicine.

However, a study published in 2016, conducted at the College of Veterinary Medicine at National Chung Hsing University in Taiwan, found that cranberry extract appears to be as effective or more effective than short-term antibiotic treatment in preventing *E. coli*-related UTIs – and without the side effects. In addition, cranberry extract helps fight multi-drug-resistant bacteria in dogs with recurrent *E. coli* UTIs.

Interestingly, female dogs derived the protection through dietary supplementation with cranberry extract, but male dogs did not.

Fortunately, UTIs are less common in males than in females.



Pet pages continued...

In the study, the cranberry extract was in powdered form and mixed with the dogs' meals before serving. It's preferable that the extracts are added right before feeding, rather than being included with the raw ingredients before processing since the processing could compromise their effectiveness.

Preventing problems with a dog's urinary tract starts with keeping his or her urine acidic with a pH between 6 and 6.5.

Poor or improper diet is the culprit in the vast majority of cases of dogs with chronic UTIs. The dogs require a change to a meat-based diet that is low-carb and starch-free, meaning grain-free. Meat-based diets are naturally acidic.

A diet containing high-carbohydrate foods can be alkalisating and pro-inflammatory. The dog's urine becomes alkaline, which is frequently the cause of chronic UTIs because acidity is required for anti-microbial activity in urine.

Some breeds are predisposed to calcium oxalate crystals, which form in hyper-acidic, concentrated urine. The goal for these dogs is to create more dilute urine which is neutral (pH 7). This can be accomplished by eliminating dry food and feeding a well-balanced, moisture-rich diet. If the urine becomes too acidic, the pH can be increased by supplementing with potassium citrate.

Optimising Health and Wellbeing as We Age



By Dr Jenny Livanos
Holistic Optometrist

Ageing is a natural process that affects all of us. With time, your body undergoes many changes, so maintaining a healthy diet and lifestyle becomes even more important to continue enjoying life. Chronic illnesses including cardiovascular disease, musculoskeletal issues, metabolic disease, respiratory conditions, dementia, eye disease and cancer can be helped with diet, lifestyle, appropriate sunlight exposure and a positive mindset.

Lifespan refers to the total number of years a person lives, including both the healthy and less healthy years. For women, this is around 85 years old, and for men, it is around 81. Healthspan refers to the period of life in which an individual enjoys a reasonable quality of life, free from debilitating diseases and chronic conditions. It focuses on the quality of life rather than just its length. Currently, the average healthspan is around the high 60's. The concept of healthspan is gaining more attention, as simply increasing lifespan is not favourable if those later years are spent in poor health or with reduced function. Your goal should be to extend the period of best health and vitality. Working on increasing your healthspan will also increase your lifespan!

NUTRITION

Your health and happiness can be significantly impacted by the lifestyle and the dietary decisions you make. Following these guidelines below will help optimise your nutritional status:

- * Eat a wide variety of whole, nutrient-dense foods like organic colourful vegetables, leafy greens, fruit, wholegrains, legumes, nuts and seeds. What about growing your own food? What a great hobby - it will put you in touch with nature, give you the benefits of sunlight, grounding and encourage wholefood-cooking!
- * Avoid processed and packaged foods; read your labels and look for hidden ingredients like vegetable oils, trans fats and additives like preservatives, colours and flavours. Be mindful when eating out—what is exactly in your meal and how was it prepared? We need fewer calories as we age as our metabolism changes and we are often less physically active. Consider having a diet lower in carbohydrates, especially foods with refined carbohydrates and added sugar. Minimise processed and refined 'white' foods that are often devoid of nutrients, like pasta, rice, noodles, biscuits, cereal and bread. Even gluten-free or branded 'health-food' products may be heavily processed.

Your ability to digest and absorb nutrients can wane as you age, leading to nutritional deficiencies. Your requirements change so if you are struggling with your diet or have health issues, then supplementing with the following may be of benefit (consult with your naturopath or doctor):

- * Multivitamins and minerals with antioxidants for overall wellbeing.
- * Vitamin B₁₂ for the nervous system, red blood cell formation and DNA synthesis.
- * Vitamin B₆ for the nervous system and immunity.

- * Magnesium for muscle and nerve function, heart health, immunity and strong bones.
- * Omega 3 for reducing inflammation, the risk of chronic diseases like heart disease and improving cognitive functions like memory and concentration.
- * Vitamin D for helping strengthen bones, boost immunity and reduce the risk of many cancers. (Although I recommend making it yourself through sunlight exposure!)
- * Protein for maintaining muscle mass and strength.

EYESIGHT

I specialise in a holistic approach to eyesight issues and my recommendations to help vision are similar to those for the ageing process. Research has shown that poor nutrition and lifestyle choices can increase the risk for cataracts, macular disease, glaucoma and dry eyes as we age. Quitting smoking, maintaining a healthy weight and having regular exams to detect eye diseases early can also help prevent vision loss. Your eyesight plays a crucial role in maintaining your overall wellbeing and quality of life as you age, keeping you independent and safeguarding against falls and injuries.

DIGESTION

As you age, the digestive system changes, the gut microbiota changes in composition and the production of enzymes to break down food declines. If you experience gut issues, supplementing with probiotics, prebiotics and digestive enzymes can maintain a healthy gut:

- * Probiotics are beneficial bacteria that live in your gut, contributing to a healthy microbiome, improving digestion, reducing issues like constipation, diarrhoea and inflammation, and strengthening the immune system. Probiotic foods include yoghurt, kefir, pickles, sauerkraut, tempeh and kimchi.
- * Prebiotics are a type of dietary fibre that act as food for probiotic bacteria, aiding their effectiveness. Examples include wholegrains, green leafy vegetables, onions, garlic, soy-

beans, asparagus, bananas and artichokes.

- * Digestive enzymes are non-living proteins that play a key role in breaking down food into small molecules for better nutrient absorption and digestion. They also reduce bloating, indigestion and other issues. Pineapples have a group of enzymes called *bromelain*; papaya has *papain* which helps digest protein and ease symptoms; kiwi fruit contains enzymes like *actinidin* that break down proteins; avocados contain *lipase* which helps break down fats and ginger and honey have enzymes to aid digestion.
- * Fibre is essential for regular bowel movements, lowering cholesterol and controlling blood sugar levels. health. Wholegrains, fruits, vegetables and legumes provide both soluble and insoluble fibre.

Constipation becomes more common as we age so it's important to maintain adequate hydration to keep things moving. As we age, our ability to detect thirst may diminish. Dehydration can lead to a number of health issues, including kidney stones, UTIs and constipation. Drink filtered or spring water each day (avoid plastic bottles!) and drink more if you are exercising. Include fluid-rich foods like cucumbers, watermelon, lettuce, tomatoes, apples, celery and strawberries and add soups and smoothies to your diet. Limit alcohol and caffeinated drinks as these can dehydrate you if consumed in excess.

EXERCISE

With ageing, staying physically active is crucial for maintaining overall health and wellbeing. This can help maintain a healthy weight, improve mental wellness, strengthen bones, help with regular bowel movements and reduce the risk of chronic illness. These activities are recommended for older individuals:

- * Exercise including walking, swimming, gardening and even household chores!
- * Being exposed to sunlight has many benefits for our health, helping us make vitamin D, setting our body

clock and releasing endorphins.

- * Weight training with resistance bands or small weights for strengthening.
- * Tai chi, lawn bowls and yoga to help flexibility.
- * Balance exercises for stability and strength.

SLEEP AND YOUR BODY CLOCK

As we age, our sleep patterns change, with many elderly struggling to fall asleep and stay asleep. With restful sleep, you eliminate toxic metabolic waste that builds up in the brain throughout the day. Good sleep improves brain function and cognitive processes (memory, learning, attention, problem-solving and decision-making), reduces stress, supports emotional wellbeing, fortifies the immune system and reduces the risk of chronic illness.

Melatonin is a hormone that is released during sleep, it is a powerful antioxidant that regulates our 24-hour sleep-wake cycle. Improving sleep will allow for better levels and release of melatonin, helping mitochondrial activity and energy, preventing oxidative damage, reducing inflammation, stimulating immunity, lowering the risk of diabetes, assisting cardiovascular health and helping with pain.

TIPS FOR BETTER SLEEP

- * Sit outside, facing the sun (don't look directly at the sun), when having breakfast in the morning to help set your body clock.
- * Have a regular wake-up and bedtime; try to get to bed by 9.30–10pm (for best melatonin release).
- * Avoid digital device use at least 1-2 hrs before bedtime. Eliminate phones, night lights and alarm clocks in your bedroom.
- * Make sleep a priority. Go to bed when you feel sleepy - listen to your body!
- * Use relaxation techniques like deep breathing exercises or meditation.
- * Keep your bedroom cool, quiet, and dark.

MENTAL HEALTH

Chronic stress can lead to many health issues including heart disease, diabetes and depression as we age. Try yoga, meditation and breathing exercises. Exercise can also help reduce stress and improve mental health as it helps release endorphins, naturally occurring hormones that improve mood. Try a brisk walk in the morning to set your day!

If you live in a city, try to get some green therapy. Go for a walk in nature. Sit outside whenever you can, taking your shoes off and feeling the grass or earth under your feet for healthy grounding. Harnessing the power of nature and looking at the colour green can help enhance creativity, boost cognition and improve mood.

Have hobbies to keep you engaged mentally and socially. Consider having a pet to lower stress levels. A

robust social network can also improve mental wellness and reduce cognitive decline and risk for illness. Stay connected and talk with friends, family and your community to help with any loneliness or depression.

BLUE ZONES

Blue zones are areas around the world where people tend to live longer and have less chronic disease compared to the global average. These regions are found in Japan, Italy, Costa Rica, Greece and California. Blue zone populations have attracted attention for their lifestyles, dietary habits, physical activity and connections with others. People in blue zones engage in outdoor activities and spend a great part of their day in natural light: walking, working, playing, farming, gardening and socialising outdoors. Diets here are largely plant-based with a focus on locally

sourced fruits and vegetables that are pesticide-free. Nutrient-dense, fibre-rich foods are eaten and refined starches, sugar and animal protein are limited. Foods like beans, greens, sweet potatoes, fruits, nuts, seeds and wholegrains are common.

Even though there is a genetic component to your health and ageing, a preventative approach through your diet, lifestyle, light exposure and environment will play a much larger role. Have regular checkups to help detect and treat conditions earlier, before they become more serious. **Remember, age is just a number – it should not limit your ability to do anything!** Making lifestyle and dietary changes can help maintain your wellbeing and independence into the future.

Dr Jenny Livanos is a holistic optometrist who specialises in natural eye care. She is available for consultations that cover nutrition, visual habits, eye exercises, light and other lifestyle factors. She can be contacted on 0402410821 or at www.naturaleyecare.com.au.



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Do you really have Fibromyalgia?

by Lyn Craven

The pain, fatigue and other symptoms associated with fibromyalgia (FM) can be debilitating. Patients are often told that there is nothing wrong, that it is “all in their head” or that their symptoms are due to a virus, depression or stress.

Symptoms

- * Symptoms come and go.
- * Inflammation or visible damage is not apparent.
- * Pain; most commonly in the shoulders, back and neck.
- * Depression is often present, but not the cause of the condition.
- * Stiffness on waking up or when sitting for a lengthy duration.
- * Fatigue and pain that are worse for excessive exercise and stress.
- * Insomnia, sometimes with restless leg syndrome.

What causes Fibromyalgia?

Genetic and environmental components can act as a trigger in predisposed people. Some families have a higher incidence of FM. Many experience the onset after a physical trauma or severe illness, or it may arise without a discernible event.

Diagnosis and other clinical signs:

Fibromyalgia can present with many other chronic illnesses such as chronic fatigue syndrome (CFS), rheumatoid arthritis, Sjögren's syndrome, multiple sclerosis, thyroid disorders and systemic lupus. The symptoms of these conditions may be mingled with those associated with FM, making diagnosis more of a challenge.

FM patients have decreased activity in opioid receptors in their brains. This affects mood and emotional aspects of pain and makes FM

patients less responsive to opioid painkillers.

Various deficiencies may be present. A blood test to check levels of minerals, B vitamins, serotonin, tryptophan, phenylalanine, hormones and inflammatory markers such as C-reactive protein is indicated.

In all cases we must seek the trigger, the source of the problem. This requires a thorough case history. I have seen many cases resolved/improved, but people need to be diligent and compliant with remedies and regular treatments. Nobody is treated with the same remedies; we are all unique.

Medical approach

There is no medical cure for this disorder. When receiving medical treatment many people do not achieve complete remission, most are told to learn to live with their condition. Pain management clinics may be recommended. FM does not decrease the lifespan of those affected by it, however it certainly impacts quality of life. Support groups and counselling may help to deal with physical, psychological, financial and social frustrations.

The conventional medicine approach overlooks the underlying source of the problem and offers temporary solutions to muscular aches and pain.

Treating Fibromyalgia Naturally

A gentle exercise program is strongly recommended. Regular aerobic exercise and stretching can help maintain muscle conditioning, improve sleep and decrease pain and stiffness. Take care initially,

especially when starting to exercise, as overexertion can cause painful flare-ups. Stress reduction and limiting caffeine and alcohol is important.

No two people would be treated the same due to the myriad of FM presentations. This is a long haul. Initial treatments may be weekly, then as progress is seen, more spaced out with ongoing maintenance.

Maintaining a healthy fresh food diet for the rest of your life is important. Supplementation with relevant herbal/homoeopathic remedies may be required long term. The positive thing here is there are no side effects even when taken long term contrary to pharmaceutical painkillers and anti-depressants. In some cases, remedies would diminish over time, but a recommended maintenance dose may be taken.

It is far better to seek help now than allow the symptoms to persist and worsen over time. The more chronic the disorder the longer it takes to resolve/improve.

I offer Bowen Therapy, Point Laser on acupuncture points, gentle acupressure and I formulate all herbs for you, they are not general mixed remedies. Homoeopathy is very helpful in many cases to help with glandular function and reducing inflammation. Appropriate supplements if required with gentle exercises.



Lyn Craven is a practitioner of Naturopathy, Bowen therapy, Reiki. Lyn is also a meditation teacher, corporate health consultant and presenter.

Lyn runs a private practice in Sydney and can be contacted on 0403 231 804 or www.lyncraven.com www.facebook.com/NaturopathandBowenTherapy

True Natural Health p.37

News from Dr Greger



Solving high blood pressure **By Michael Greger, MD,** **FACLM**

The number one killer on Earth is a bad diet, and high blood pressure is killer number two. The reason it's so deadly is that it increases your risk of dying from so many different diseases, ranging from heart disease and stroke to kidney failure and heart failure.

Blood pressure as high as 175 used to be considered normal, but that's 'normal' if you want to die from 'normal' diseases, like heart attack and stroke.

A 'normal' blood pressure of 175 over 110 could put you at more than ten times higher risk of dying from a stroke, compared to the ideal pressure, which is down around 110 over 70.

Definition of high blood pressure

Over the years, the definition of high blood pressure – hypertension – dropped from as high as 190 over 110 down to 160 over 95, then most recently down to 130 over 80. With this new definition, instead of one in three Americans [and no doubt Australians] having hypertension, it's closer to one in two people or two-thirds among those over age 45.

A blood pressure of 120 over 80 may be normal, but 110 would be an even better top number and 70 a better lower number.

Popping pills for blood pressure

One to two percent of people on blood-pressure drugs for five years will benefit by not having a cardiovascular event when they otherwise might have – but that has to be balanced against the higher risk of adverse side effects.

The drugs may decrease the risk of cardiovascular events by 25 percent, but increase the risk of a serious side effect by 88 percent. Heart events can include death, whereas most side effects of drugs are more of the order of fainting.

If we use drugs to push high-risk people down to a top number of 120, more than 100,000 deaths and 46,000 cases of heart failure may be prevented every year, but "43,000 cases of electrolyte abnormalities and 88,000 cases of acute kidney injury" could be caused. Not great, but better than dying.

Lowering blood pressure is good for your heart, kidneys and brain, but at a certain point, the side effects of the drugs could outweigh the benefits.

How to lower blood pressure naturally

There is a way to lower blood pressure without drugs to get the best of both worlds. It's through lifestyle. The advantage is, first of all, no bad side effects. Some lifestyle interventions can actually work better than drugs because you're treating the cause, and they actually have good side effects instead of bad. So, we aren't talking about just one or two percent of people benefitting over five years. Everybody benefits.

What's the quickest natural way to lower blood pressure? It's simple: Eat more plant foods and less meat, restrict alcohol consumption, lose excess weight, exercise regularly and cut salt intake.

When individuals in a study were put on a purely plant-based diet, even one that was moderate in sodium, hypertensive people saw

their systolic pressure drop by 18 points. This occurred even though nine out of ten of them had reduced their blood pressure medications or stopped them entirely, all within just seven days.

What if you add fasting?

In a study of medically supervised water-only fasting for high blood pressure, all the participants came in with blood pressures above 140 over 90. Nine out of ten of them achieved reduced pressures. The average reduction in systolic blood pressure was 37 points, which is remarkable compared to other interventions, including drugs. And that was just the average drop. Those who came in with really high pressures, such as over 180, experienced a 60-point drop, and that was after they had all stopped all their blood pressure medications.

The researchers concluded that "medically supervised water-only fasting appears to be a safe and effective means of normalising blood pressure." By the way, no one should fast unsupervised for more than a day or two.

Do the Oxalates in Green Veggies Cause Kidney Stones?

By Michael Greger, MD,
FACLM.

As many as one in ten of us will develop kidney stones, which can be excruciatingly painful. Oxalate stones, the most common type, are formed when oxalate concentration in our urine is so high that it crystallises.

Individuals predisposed to kidney stones seem to be born with a higher intestinal oxalate absorption.

So-called 'super absorbers' can absorb 50 percent more oxalate than the rest of us.

Generally, even extremely large doses of dietary oxalates only result in a relatively mild increase in the amount making its way into the urine. A 25-fold increase in oxalate consumption doesn't even double the concentration of oxalates flowing through your kidneys. It's more frequently determined by genetic factors, rather than diet or other environmental factors.

Our body produces our own oxalate internally as a waste product. Without the alkalising effects of fruits and veggies on the acid-alkali level of our urine, we may have trouble getting rid of it.

Animal protein has a highly acid-forming effect on our kidneys. One daily can of tuna can increase kidney stone risk by 250 percent, whereas reducing animal protein intake may help halve that risk.

Spinach, silverbeet and beet greens are the three high-oxalate greens, with high contents of oxalic acid. In contrast, kale, for instance, has hundreds of times fewer oxalates than these three. Another vegetable well known for its very high oxalic acid content is rhubarb.



Autumn 2024 VegSA update: RAINED OFF!

In Adelaide, around the end of October each year, we usually have a two-day Vegan Festival. However, in the last two years, this has been replaced by a one-day picnic. In 2022 the event was planned for the usual date, close to World Vegan Day (November 1st), but the weather was so wet and the ground so saturated that it was postponed to early December when it was held successfully in the Adelaide Parklands.

In 2023, due to caution, the event was planned again for early December. However, as the date approached, it was obvious that it was going to be very wet, so this became an indoor picnic held at Tonsley (the site of the previous Mitsubishi factory). This 'picnic' was pretty successful with the usual food carts, music, talks, and product and information stalls. But the story doesn't end there.

In early January a relatively new group, Adelaide Animal Rights Coalition, arranged to hold a picnic at Christies Beach, inviting members of other groups to participate. Again, the weather forecast was so wet that the 'picnic' became a lunch for a small group of people at the nearby Great Nature cafe. Despite the weather South Australian animal rights groups are hanging in there. These events are important because they bring like-minded groups and individuals together to compare ideas.

At the time of writing VegSA is planning its annual picnic, a February tradition that goes back decades to a time when the organisation was more or less on its own in South Australia.

- VegSA began in early 1950 as a branch of the Australian Vegetarian Society. Now we have:
- Animal Liberation SA (established 1982), organising demonstrations on

behalf of animals and promoting a vegan lifestyle.

- Adelaide Vegans (established c.2005), mainly organising vegan lunch and dinner gatherings, also encouraging the exchange of information and ideas via its Facebook page.
- Vegan Education Adelaide organising vegan education outreach sessions, usually in Adelaide's main shopping precinct, Rundle Mall.
- Animal Justice Party (established 2009), promoting legislation to enhance the rights and needs of non-human animals.
- Doctors for Nutrition (established 2018), working particularly to educate members of the medical profession about the value of a plant-based diet.
- South Aussies for Animals (SAFA, incorporated 2021), lobbying for improvements to animal protection laws, networking with other animal protection groups and providing information to the public on issues and actions to take.
- Adelaide Animal Rights Coalition (established 2023), "a collaborative community for activists to build positive relationships".

Apologies if we have missed any other related group.

There are also a number of animal rescue groups, some general, others dealing with specific animal species and other groups whose interest in plant-based food is not their main focus.

An issue that concerns all of these groups is the open seasons to shoot native ducks and quails. In Victoria, the government inquiry recommended that these open seasons be curtailed, but it looks as if the government will allow them to go ahead in spite of this. In South Australia, the government inquiry has recommended that open seasons not be abolished, but rather that they be more strictly controlled and supervised. We are still awaiting information from the South Australian Minister for the Environment and Water as to what she has decided.



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