True Natural Health

The Magazine of the Natural Health Society of Australia

Winter 2025

- Enzymes - The Keys to Life
- Intuitive and Seasonal Eating
- How to Work with Your Body Clock for Optimal Health
- Your Questions Answered and More!

www.health.org.au Facebook: Natural Health Society of Australia

Ladies...

Tired of **weeing** all the time?

Try Australias #1 Bladder Control Brand.

Does this sound familiar?

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

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

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

Why Use Caruso's WEE LESS®?

Caruso's WEE LESS® relieves the inconvenience of frequent trips to the bathroom. It contains a blend of herbs and nutrients, including *Schisandra chinensis*, which is traditionally used in Chinese Medicine to relieve urinary frequency. Caruso's WEE LESS® also contains Magnesium, which maintains muscle health and function and supports the health of the nervous system.

Caruso's WEE LESS® is here to help

Caruso's WEE LESS® is a therapeutic supplement developed to:

- Relieve the annoying and inconvenient feeling that you need to go to the bathroom too often
- Support men and women who wish to use a supplement containing a key herbal ingredient that has been used in Traditional Chinese Medicine to relieve urinary frequency
- Maintain nervous system health
- Support muscle health and function

The exclusive blend of herbs in WEE LESS® helps put you back in control

- *Crateva magna* (Crateva)
- *Cucurbita pepo seed* (Pumpkin seed)
- *Glycine max* (Soya Bean)
- *Urtica dioica* (Nettle)
- *Schisandra chinensis* (Schisandra)
- Magnesium amino acid chelate

MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

100% Money Back Guarantee*

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

Always read the label and follow the directions for use.

*WEE LESS® is a trademark of Caruso's Natural Health. *See website for details of Money Back Guarantee.*

carusoshealth.com.au carusoshealth carusosnaturalhealth

Caruso's NATURAL HEALTH

Contents

Winter

Welcome to the Winter 2025 edition of *True Natural Health*, the magazine of the Natural Health Society of Australia. As the seasons shift and the days grow cooler, we invite you to embrace this time of reflection, renewal and restoration. Winter is a season that encourages us to slow down, nurture ourselves and focus on the foundations of health.

In this issue, we explore a wide range of topics designed to inspire and empower you. From the life-changing role of enzymes to the benefits of intuitive eating and seasonal nourishment, our contributors have shared their expertise to help you live a healthier, happier life.

This edition features articles on topics including natural eye care for children, the science of warming foods and the transformative power of creativity during winter. You'll also find practical recipes, insights into plant-based diets and natural remedies for thyroid health, Alzheimer's and autoimmune diseases.

Our Society News section highlights the vibrant community we've built together, including updates from our March Thredbo Weekend and exciting plans for the year ahead. Don't miss the details of our Annual Seminar on July 26, where we'll gather to learn, connect and celebrate the principles of natural health.

As always, we remain committed to our mission of promoting drug-free, self-help methods for achieving long-term health and wellbeing. Whether you're a long-time member or new to the Natural Health Society, we hope this magazine serves as a valuable resource and a source of inspiration.

Thank you for being part of our community.
Rebecca and the NHSA Team.

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

About the Natural Health Society
The Natural Health Society is Australia's longest-established organisation that is dedicated to informing people about issues that affect their health, happiness and quality of life. Established in 1960 the Society is not-for-profit, with no vested interests.

Enzymes – literally the keys to life

By Roger French,

Patron, NHSA

In each of our bodies in every second of our lives there are around a million chemical reactions – the chemistry of life, 'biochemistry'. This figure is, of course, an estimate. Every single one of these reactions is triggered by an enzyme; not one reaction can occur without an enzyme to trigger it off.

An enzyme is simply a biological catalyst, a catalyst being a compound which initiates a chemical reaction but does not take part in it. (An enzyme happens to be a protein compound).

We are all familiar with the fact that enzymes are necessary for the digestion of food, but they are also essential for the metabolism (processing) of food after digestion, for growth, for the elimination of wastes and for all other bodily functions.

Each enzyme has a specific purpose so that there are tens of thousands working away in the human body, with something like 50 thousand in the liver – the body's chemical laboratory – alone.

The role of digestive enzymes is to break down our food. Protein, carbohydrates and fats are all broken down to their building blocks, namely, amino acids, simple sugars and fatty acids respectively.

So enzymes are at the core of life; they are the keys to all the processes which constitute life – building, living and breaking down.

Enzymes are not a recent discovery. Dr Edward Howell assessed their value over 100 years ago, but only in recent decades has the word, 'enzymes', become a household word.

Raw food enzymes

Plant and animal tissues all contain enzymes. Animal foods – red and white meats, fat, eggs and dairy products – when raw and unpasteurised contain high levels of enzymes (of course, this is not a recommendation for meat in a Natural Health diet).

Fresh fruits are also high in enzymes, which are responsible for rapid ripening and later the fruit going bad, more rapidly in hot weather. Bananas are a striking example of rapid ripening.

Although we might expect raw vegetables to be high in enzymes, they are not. The enzyme content of raw natural foods is roughly proportional to their calorie content, and since bulky vegetables are very low in calories, their enzyme content is also very low. Rather than going bad rapidly, vegetables at first wilt and shrivel.

When consumed, these 'food enzymes' commence the digestion of the food the moment the cell walls are ruptured by chewing or animal tissue is broken up by chewing. Later on, the body's own digestive enzymes begin to work and complete the process. Some of these are very powerful – pepsin breaks down the protein in egg white in just a few minutes.

Some animals, notably ruminants, have a separate stomach – a 'food enzyme stomach' called the *rumen* – in which food is pre-digested by food enzymes before the body's digestive enzymes are called upon. The human stomach functions as two parts, the upper part performing the same function as the food enzyme stomach in animals.

As with vitamins and minerals, because enzymes occur in all vegetable and animal tissues in their natural state, all wild animals always ingest them with their food.

The enzymes in raw food play an important part not only in assisting the digestive processes and thus relieving the pancreas of extra work, but also in supplementing the total enzyme production within the body.

The increased enzyme potential leads to better health and longevity. The 'life force' that we attribute to raw foods may well be largely due to their enzyme content.

Lifespan governed by enzyme supply

Surprisingly, the less food that is consumed on a long-term basis by insects, animals and humans – but above starvation level – the longer they live. In the case of insects and animals, by restricting their quantity of food to subsistence level, it is even possible to double their lifespan.

Because increasing the temperature increases the rate of enzyme activity, warmer weather causes insects – which are cold blooded – to be vastly more active, like mosquitoes and other insects in summer – but they die sooner. The more food or greater activity causes more enzymes to be used up and this reduces longevity.

In humans, enzyme levels are highest in young adults and decline with age. One of the digestive enzymes was found to decrease in quantity by about 30 times by the age of 80. It has been found that larger college students tend to have poorer health than those who have grown less rapidly – and used-up their enzymes less rapidly. It appears that maximum growth rate and longevity are incompatible.

In addition, because greater enzyme potential is associated with increased vitality, enzymes may well emerge as the true yardstick of vitality. Put another way, the enzyme potential and the life-force may be virtually the same thing.

But cooking kills all enzymes

Enzyme activity increases with temperature, but only up to a surprisingly low temperature, at which it tapers off, namely 42°C. If the enzymes in raw food are heated to around 48°C for more than half an hour, they are completely destroyed. However, dry heat – which does not occur in foods – is not destructive to enzymes until above 150°C.

Thus the natural, health-giving enzymes found in all raw foods are totally destroyed by cooking and even by pasteurisation – to our peril.

Wild jungle animals live exclusively on raw food and don't develop degenerative disease, but when fed cooked food in captivity, disease becomes rife. When a raw food diet is restored, their health improves again. The differences in health, physical condition and lifespan can only be attributed to the extremely heat-sensitive enzymes in raw food.

Ditto our domestic pets. On a typical diet of cooked meat and kibble, their almost inevitable degeneration into disease can be attributed to the destruction of enzymes and some of the nutrients which were in the original raw foods. Kibble is particularly affected because during manufacture it is heated to a very high temperature which also produces toxic compounds.

Although Bulgarian peasants ate large quantities of dairy products, including sour milk, they achieved unusual longevity. All their dairy products were raw and unpasteurised.

Our appallingly high incidences of cancer, heart disease, diabetes, arthritis and other degenerative diseases are consistent with the expected results of damage to enzymes and nutrients in a highly cooked diet. Conversely, the benefit to health of a diet rich in raw fruits and vegetables has been established repeatedly all over the world to be exactly what we would expect.

Digestive glands enlarge on cooked food

In humans eating cooked food, the overwork causes the gland that produces most of the digestive enzymes, the pancreas, to enlarge.

Asian people on a high-carbohydrate cooked diet, mainly rice, have a pancreas approximately 50 percent larger than that of Western people. The salivary glands, which produce the starch-digesting enzyme, ptyalin, are also larger.

Interestingly, cattle and sheep consuming raw high-carbohydrate diets have their salivary glands unaffected and only very small pancreases. They are obviously dependant on food enzymes for digestion.

It is the enzymes which may well be the most important casualties in the cooking of food. The resulting harm has been warned about for over a century by natural therapists urging the consumption of raw foods.

The valuable role of enzymes in disease

It is to do with fever. Enzyme activity requires the presence of moisture and varies with temperature and acidity, according to the particular enzyme.

Fever involves the raising of the temperature by the body itself in order to increase the rate of enzyme activity for the purpose of accelerating detoxification. It is all part of the body's defences initiated by the level of toxic wastes in the body reaching a critical level which triggers off the process. When sufficient elimination has been achieved, the enzyme activity is no longer required and bodily temperature returns to normal.

For every one degree centigrade rise in temperature, the basal metabolism increases by approximately 13 percent. Because the body's defending cells, white blood cells, possess a greater diversity of enzymes than any other kind of cell, they are able to digest bacteria. It is thought that increased enzyme activity is the main mechanism in the body's defence against bacteria.

In contrast to the high level of enzyme activity in acute illness, enzyme levels in chronic disease are always low. If the enzyme content becomes so low that metabolism cannot proceed, this is how death can occur.

Enzymes have another interesting role in disease, this time in prevention. Raw food enzymes reaching the colon (bowel) regulate the natural intestinal bacteria (the microbiome) by binding any oxygen present. This eliminates the aerobic condition in which harmful bacteria grow and cause fermentation and putrefaction which in turn lead to toxaemia and degenerative diseases including cancer. With the harmful bacteria gone due to the enzymes, the beneficial bacteria can flourish and carry out their vital work, including the digestion of plant cell walls and the manufacture of vitamins, particularly certain B-vitamins.

Why nuts, legumes, cereals and the seeds in fruit don't rot

It's all due to enzyme inhibitors. The seeds of all plants contain abundant enzymes and would rot rapidly in the soil, but nature prevents this by providing them with 'enzyme inhibitors'. These prevent any enzyme activity, so that rotting cannot occur. It is only when the temperature and moisture level are right for germination that the inhibitors are destroyed and germination can commence.

This is why seeds may last for years in the soil without rotting, whereas the flesh of the fruit that contained the seeds, rots rapidly.

Unfortunately, enzyme inhibitors are also effective against our digestive enzymes, which means that, as a general rule, seeds tend to be difficult to digest.

Soya beans and peanuts are particularly high in enzymes inhibitors and need to be cooked or preferably sprouted to destroy the inhibitors.

Cereal grains, the 'starchy' foods, must also be cooked for us to be able to digest them. Firstly, heat is needed to burst open the fibrous wall surrounding the starch and, secondly, the enzyme inhibitors must be destroyed to enable its digestion. Of course, the valuable food enzymes are also destroyed. Consequently, cereals, although considered 'the staff of life', are really not ideal foods for humans unless sprouted.

Nuts, being the seeds of trees, contain enzymes inhibitors which cause some people to notice discomfort with more than small quantities of nuts at a meal. It is best to soak nuts to initiate germination and consume them raw. They then are excellent nutrition.

Food preservation works by destroying enzymes

Enzymes are actually a double-edged sword. While being critical to our wellbeing and to life itself, they are also the agents of food perishability and therefore the cause of great inconvenience to the food industry and to consumers alike. Understanding their usefulness and how to avoid their negatives can be very helpful. Cooked food keeps relatively well because its enzymes have been destroyed by heat. Otherwise it would decompose as quickly as fresh food.

Because enzymes are inhibited by cold, refrigerated food keeps well, and frozen food will keep almost indefinitely.

Similarly, because enzymes need moisture, dehydrated food can keep for months or even years.

Canned foods keep indefinitely because the enzymes have been totally destroyed by heat (pasteurisation at least) and the food sealed in the can against bacteria which would otherwise reintroduce enzymes.

Preservatives work by inhibiting enzymes, and therefore foods containing preservatives can be difficult to digest.

SUMMARY

Enzymes are of crucial importance to the processes that constitute life.

They are biological catalysts which trigger off every single life process.

All animals in the wild consume abundant food enzymes in their raw diets.

Cooking and pasteurisation destroy all enzymes.

In humans eating cooked food, enzyme-producing glands enlarge and are over-worked in compensating for the lack of raw food enzymes in the diet.

All seeds contain enzyme inhibitors to preserve them until conditions are right for germination.

Seeds are made more digestible by cooking and completely digestible by sprouting. Food preservation depends upon the destroying of food enzymes.

Enzymes are so fundamental to life that our lifespan depends on the supply of them.

A diet of uncooked foods greatly increases this supply – and our lifespan.

SOURCE

Based on the pioneering work of Dr Edward Howell, published in his book, *Food Enzymes for Health and Longevity*. This article has been abstracted, modified and added to by Roger French.

A NATURAL APPROACH TO HEALTHY VISION IN CHILDREN

by Dr Jenny Livanos Holistic Optometrist and Nutritionist

Healthy and clear vision in children is critical for their overall wellbeing, influencing their development, ability to learn, engage socially and participate in physical activities. Nowadays children are using devices such as computers, tablets, phones and television much more and are spending most of their time indoors, so it's important to implement natural eye care strategies. My motto is prevention and early intervention!

Children are more susceptible to a variety of factors that can impact their eye health - inadequate sunlight exposure, outdoor activities, exercise, nutrition, prolonged screen time and poor visual habits. Genetics can also play a role, but I consider the role of epigenetics (our lifestyle and diet impacting our genes) as more important. There is an epidemic of eye conditions including myopia (short-sightedness) which has only become prevalent in more recent generations. We tend to adopt our parent's visual habits, diet, lifestyle and mindset growing up. Parents need to be good role models!

During the last few decades, life for children has changed from being outdoors with unrestricted fields of view, to being in confined indoor spaces, doing excessive close work for long hours. This can fatigue and strain the eye muscles, the brain (80 percent of vision is processed here) and body, affecting children's vision both temporarily and more permanently. Vision and general health are getting worse with each generation due to our indoor living.

THE POWER OF SUNLIGHT

A growing body of research indicates a strong link between time spent outdoors and a reduced risk of developing myopia in children. One theory suggests that brighter outdoor sunlight triggers the release of dopamine in the retina, a neurotransmitter that regulates eye growth and prevents excessive elongation of the eyeball, a primary cause of myopia.

Additionally, for the healthy development of vision, natural sunlight provides a balanced spectrum of light compared to artificial indoor lighting. Vitamin D may also play a role in regulating eye growth.

Spending time outdoors encourages children to regularly change focus and look into the distance, providing a much-needed break from the prolonged near focus associated with screens and reading, another factor in the development of myopia. To harness the power of sunlight for their children's eye health, parents should encourage at least two hours of outdoor activity each day. Even time spent in shaded outdoor areas provides significantly brighter full-spectrum light than typical indoor environments.

EAT RIGHT FOR YOUR SIGHT

Research has shown that specific nutrients play a vital role in supporting eye health and functioning of the eyes. Even though the brain and eyes comprise less than two percent of the total body weight, they require approximately 25 percent of the body's nutrition. Our eyes, like any other part of our body, are affected by our lifestyle, diet and food.

Optimise your child's vision and brain development with adequate filtered water and fresh, local, organic and unprocessed foods including:

- A variety of colourful vegetables such as pumpkin, sweet potatoes, carrots, capsicum, corn, tomatoes and broccoli.
- A variety of colourful fruit such as berries, tropical fruits and citrus fruits.
- Green leafy vegetables like spinach, kale, parsley and rocket.
- Eggs.
- A variety of nuts and seeds.

Lutein and zeaxanthin are potent antioxidant pigments found in colourful vegetables and fruit. They accumulate in the macula, the central part of the retina responsible for sharp, detailed vision. They filter out harmful high-energy artificial blue-light to protect the retina from damage - children are more susceptible to damage from blue-light. These pigments also offer cognitive benefits in

children, for focus, attention, memory and processing speed.

It's also important to consider what not to have in the diet. Avoid refined sugar, refined carbohydrates, vegetable oils and packaged/processed fake foods.

NATURAL EYE EXERCISES

Natural eye exercises can help strengthen vision, increase eye muscle flexibility, promote healthy circulation, improve learning and concentration, reduce eye muscle tension and reduce mental stress. It's important to keep our eyes moving and to get out of the habit of staring and straining.

Blink, breathe and relax while you are doing these:

* **PALMING** - Rub hands together to generate some warmth and healing energy, place the palms gently over the eyes, cupping them to block all the light. Breathe slowly and deeply, imagining the black field ahead becoming blacker and blacker. The blacker you can imagine this field, the more relaxed your eyes and mind will be.

* **SKETCHING** - Imagine an extension of your nose, point it at any object and begin tracing it. Trace large and small objects, close and far, and easy and complicated shapes. Keep moving your head continuously, tracing slowly and gently, noticing different colours and shapes. Close your eyes and imagine tracing these objects. Repeat while alternating eyes open and closed.

*** SUNNING** - Stand before the sun when it is not very strong – aim for the early morning or late afternoon. Close your eyes gently and lift your head up. Rotate your head slowly from side to side for several minutes, repeating in the vertical direction. Imagine the sun as a huge circle and rotate your head clockwise a few times around this circle, then repeat anti-clockwise. Allow the warmth of the sun to penetrate deeply into your eyes and forehead.

*** EYE GYMNASTICS** - Keeping your head straight, gently and slowly roll the eyes, slowly and smoothly, up and down. Repeat this three to four times. Now try in the horizontal direction. Repeat in a diagonal direction, from one corner to the other, then the other diagonal. Finish by rolling the eyes in a big circle three to four times clockwise and then anti-clockwise.

*** NEAR/FAR FOCUS** - Standing in front of a window, hold your index finger about 20 cm in front of your nose. Look at the fingertip for three seconds then look towards a very distant object for three seconds. Repeat the exercise, moving your eyes from close to far, far to close, for a few minutes.

*** SWINGING** - Standing with your legs slightly apart, let your arms hang loosely by your side. Sway slowly and gently from side to side, shifting body weight from one foot to the other. Allow your eyes to remain at rest looking into the distance, open and unfocussed, moving with the body. You can add a longer swing by rotating more from side to side, with the eyes following the body.

HEALTHY VISUAL HABITS

Poor visual habits in children can cause eye strain, focussing issues and lead to loss of clear vision.

Here are some tips to optimise visual habits:
* Have a dedicated work area set up for homework, with natural lighting, looking out a window ideally.
* Encourage good posture - it is best to read while sitting up, keeping the body upright.
* Keep books and screens at around 40 cm away (the further the better).
* Take frequent visual breaks - look into the distance every few minutes and focus on an object there.
* Take regular physical breaks (get up and stretch, look out a window every 15 minutes) to reduce eye strain. Stretch and relax with neck and shoulder rotations, wiggle your toes and circle your ankles in both

directions.
*Go for a vision walk every day. When outdoors look into the distance and scan the horizon. Bounce vision from one object to the other. Look into the far distance. Be aware of your peripheral vision and follow moving objects – keep your eyes moving!

NAVIGATING THE DIGITAL AGE

Digital devices have become an integral part of children's lives, offering education, entertainment and social connection. A common issue with excessive device use is eye strain, manifesting as eye fatigue, discomfort, blurred vision, excessive blinking, twitches/tics, headaches and dry eyes. There is also growing evidence suggesting a correlation between increased close screen time and a higher risk of developing or worsening myopia [near-sightedness].

To mitigate potential problems with vision and development, excessive screen time should be avoided, and I recommend digital devices only from age five onwards. Set your devices to a lower brightness and apply any modes that protect the eyes, for example, eye comfort, dark mode, etc. Television should be limited to a maximum of one hour of educational and interactive programs per day.

Screen time should not replace adequate sleep, physical activity and other healthy behaviours. Designate specific screen-free zones in the home, such as bedrooms, and screen-free times, such as during mealtimes and before bed.

STRESS

Stress can have a surprising impact on vision in children. As a result, they may experience eye strain, blurry vision, dry eyes, issues with concentration and headaches. Teaching children stress management techniques such as deep breathing, mindfulness or yoga will be of benefit. Encouraging physical activity will also help relieve stress. Creating a supportive environment at home and school helps children manage stress more effectively.

RED-LIGHT THERAPY

Red-light therapy (looking at a specific-wavelength of red light for a few minutes one to two times per week) is becoming more popular and is backed by growing research, for all eye conditions in adults and children. Repeated low-level red-light therapy (RLRL) has shown promise in slowing down myopia progression in children, even reversing to some extent. Studies indicate that RLRL therapy is safe and well-tolerated, with no severe adverse events reported. Devices like our *Eyepower* can be used at home safely with guidance to help vision in both children and adults.

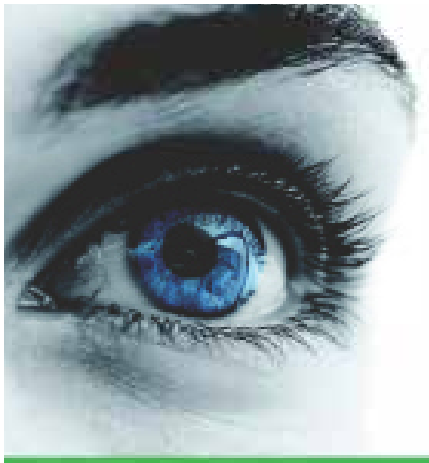
REGULAR EYE TESTS

Regular comprehensive eye examinations starting in infancy, continuing through preschool and then before starting school are recommended. These exams are crucial for the early detection and management of vision problems. I recommend an annual eye test once school has started and more regularly if there are eye issues. Optometry now has developed special glasses, contact lenses and drops to help stabilise children's vision, so these may be combined with the natural approach for the benefit of the child.

Prioritising children's vision health is essential for their overall development. By understanding risk factors and adopting natural strategies to improve eyesight—such as more outdoor play, limiting screen time, good visual habits, providing a balanced diet, promoting healthy sleep and stress management, parents and caregivers can help their children maintain healthy vision and avoid potential problems. Taking these steps can make a significant difference to your child's eye health, setting them up for a lifetime of clear, healthy sight and optimal health.

Dr Jenny Livanos offers online coaching in natural eye care for children and adults and natural eye care products. She can be contacted via email naturaleyecare@outlook.com or on 0402 410 821.

See naturaleyecare.com.au for more information.



Natural Eye Care

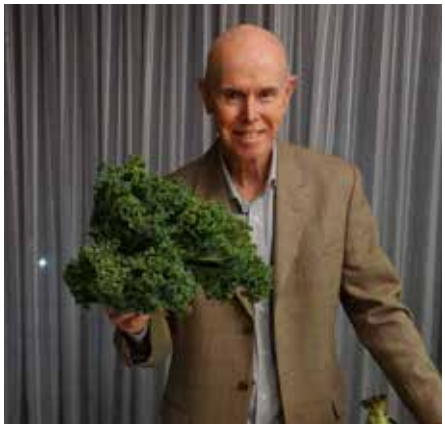
Call us for a free 10 minute phone consultation

naturaleyecare@outlook.com
www.naturaleyecare.com.au
0402 410 821

Jenny Livanos
Holistic Optometrist and Nutritionist

- ◊ 25 years of clinical experience.
- ◊ Bates method exercises for all ages.
- ◊ Nutritional and lifestyle online Zoom or phone call counselling for all eye diseases: cataracts, macular disease, glaucoma, dry eyes, myopia, lazy eye, close vision and ageing.
- ◊ Online shop with biggest range in natural eye care products.
- ◊ Pinhole glasses and eye exercise kits.
- ◊ Quantum health: sunlight, blue-light, artificial-light, grounding, hydration.
- ◊ Red-light therapy for all eye conditions.

My Diagnosis was a Wake-Up Call



By Dr Greg Fitzgerald (Allied Health)

"Although the world is full of suffering, it is also full of the overcoming of it" Helen Keller.

In June 2024 I was holidaying through the Canadian Rockies with my wife Dawn, my sister and brother-in-law and their daughter preparatory to giving two lectures at the National Health Association Conference in Cleveland, Ohio, something I had not done since 2019 as I was barred from entering America. This ban was lifted last year, thus my return to speak at the best health conference in the world.

During the holidays I hurt my neck. The trauma-induced swelling did not subside, so I went onto Dr Giggle (aka Google) and did other research and was shocked to see that such swelling carried a 70 percent risk of cancer. Great news to read three days before the conference, especially for someone who is a bit of a catastrophiser!

The diagnosis of non-Hodgkin lymphoma was confirmed upon my return to Sydney and even though I had suspected such, it was still quite a shock. Suddenly I was reversing roles. For over 40 years I had consulted and advised countless people with cancer and other serious illnesses, and now I was in the hot seat.

My Advice to Others Given a Serious Diagnosis:

The science of Natural Hygiene has always been my guiding philosophy when it comes to understanding the true nature of health and disease, thanks to the late Dr Alec Burton who introduced it to me over 45 years ago. Indeed, the application of Natural Hygiene principles and practices has been the reason for the remarkable success rate we saw when patients adopted these principles and practices in their daily lives.

Some Foundational Principles of Natural Hygiene:

1) The human body is self-developing, self-defending and self-repairing. These are axiomatic, self-evident truths. However, there are situations where the human body can be overwhelmed and perish, such as when exposed to smoke in an enclosed room the body will valiantly defend itself to the last by coughing and secreting fluids.

2) Illnesses and diseases are EFFECTS which have causes, mostly (but not always) within our control. The relatively recent study of epigenetics has proven our dietary and lifestyle choices are far more important in disease causation than genetics. As Dr Walter Lamont stated, "Genes load the gun, but lifestyle pulls the trigger".

3) The first law of regaining health is to remove the things that are causing our ill health-obviously those within our control. A man asked a gardener why his plants grew so beautifully. The gardener said "I don't force the plants to grow. I just remove what stops them".

4) Because the human body is programmed to self-heal, when the causes of our illness are removed, our health improves, and the effects (diseases) are arrested or reversed. The human body will always do it's best to regain health, provided we play our part. Sometimes the disease will partially improve and at other times it will completely reverse, depending upon many factors. However, the healing power of the body comes 'factory-installed' and will continually do it's best to regain health if we are prepared to play our part.

Advice to remove causes of disease is evident more today than ever, in all modalities of health, as seen with the ubiquitous advice to stop smoking, limit or stop alcohol, and avoid ultra-processed foods.

The unique differences Natural Hygiene brings is it's understanding of the true nature of disease, of the incredible benefits of fasting and a nuanced approach to individual requirements via needs and capacities. We are all unique and require an individual approach, not cookie-cut recommendations.

So, my advice to others who have been diagnosed with a chronic illness has been, is and will continue to be, to re-evaluate what they were doing to themselves which could be contributing to their illness. Now it was my turn.

What Role Had I Played in My Own Illness?

After speaking with experts like Dr Alan Goldhamer, Dr Frank Sabatino, Dr Ian Gawler, Robyn Chuter, Ally Sanchez and Petrea King, all to whom I owe many thanks, I marinated my choices. After further discus-

sion with my wife Dawn, my dietician daughter Emily and her husband Dr Gav Levy, I chose to accept some medical intervention, while actively and politely declining many other medical recommendations.

I also did an audit of my own life. I have always encouraged others to become active participants in their recoveries, not passive recipients. Leaving it entirely to the experts, as if they have all the answers, is a delusion that comes with a heavy price. Irrespective of what illness is diagnosed, if the person genuinely seeks to turn their health around, their own choices and habits of living need to be closely examined. It was now my task to question what role I had played in my own illness and make whatever changes were necessary. Sadly, not one medical professional I saw attached any importance to such an approach.

Why Was My Body Protesting?

With Dawn's help, I reflected upon where any health transgressions could have occurred in my life the past few years or what environmental factors might have played a part. Why was my body protesting? Why was it trying desperately to get my undivided attention? What commissions and omissions in my life needed attending to? Great questions, but so rarely asked!

The plain facts were that in the past few years of the COVID fiasco I had become profoundly enervated. In Natural Hygiene this means a lack of vitality or nerve force. I was deeply TIRED!

Having a busy practice and seeing so many patients with vaccine damage, many losing their jobs for refusing to get 'jabbed' or having businesses collapse and families and friends torn apart, and the visceral anger I felt towards the perpetrators of this and the deep sadness I felt for such people took a heavy a toll on my nervous and immune systems. I was also heavily involved in the freedom movement and conducting health webinars which further enervated me.

At the same time, I had foolishly continued to exercise hard, which had become another nerve-leak. This had to stop, and it did! I write with some confidence when I say that, in order to heal, some people need to exercise less. I was one of these. It is a common mistake to think that exercise gives us energy. It uses energy. Exercise confers many benefits obviously, but the feeling of energy post-exercise is stimulation, not real energy. Exercise must be done when we have energy, not to get energy! Too often I was exercising while enervated, a trigger for releasing pro-inflammatory cytokines which damage the body, particularly the immune system.

When profoundly enervated, desistance is far more important than assistance!

Energy is Needed For Healing

Realising you can NEVER build health on an exhausted nervous system, I immediately reduced my commitments, in order to conserve energy. Remember, all healing is energy dependent. When energy or vitality is low, healing and recovery are also low. When high, healing and recovery are high. When absent, healing and recovery are absent, which is why wounds on cadavers never heal!

My life had become too frenetic- I needed to HURRY UP AND SLOW DOWN! I needed to drop the intensity and press the pause button.

BELOW ARE SOME OF THE CHANGES I MADE.

Electromagnetic Radiation

One of the first things we did was to have our home's electromagnetic radiation (EMR) levels checked, as I had always known this to be a health hazard. We had an expert in EMR measure our levels and were shocked to find that my desk gave the highest EMR reading she had seen in a suburban setting. My technology was wireless for the most part. The level was through the roof, all aimed at the area where my lymphoma was found, all other areas of my body being perfectly healthy.

Recent research has shown that prolonged exposure to EMR is damaging to our DNA and cellular functioning. This may or may not have been causative, but nevertheless, we quickly had all our technology wired, and disconnected our WiFi. I also spent far less time on the computer.

Nutrition and Supplementation

Although my diet was very good before, it now had to become better. Gone were the 'less harmful' treats, such as dairy-free chocolate and dairy-free ice cream, the gluten-free biscuits and so on, all basic rubbish. As we would all admit, when we are stressed and exhausted, one of the first things to go is our self-discipline. When fatigue walks in, discipline walks out!

Fortunately, I did not have to wrestle with giving up alcohol (cancer's best friend), as I had not had a drop for over 40 years. Ditto coffee, having never tasted it.

Regarding nutrition, I needed 'fine tuning' not fine dining! Big doors swing on little hinges, and sometimes it's the little tweaks to an already good diet that make a big difference. I have seen this countless times in my patients over the years.

My (our) intake of specific foods replete in anti-cancer nutrients increased and Dawn and I started vegetable juicing. Although subscribing to the motto 'your mouth chews the food and your brain chooses the food', there is a place for concentrated anti-cancer nutrients like juices in certain situations. This, in my opinion, was one.

Supplementation of specific anti-can-

cer nutrients was also included. As important as it is in arresting and reversing metabolic illnesses like heart disease, diabetes, auto-immune disease and cancer among others, NUTRITION is not the only game in town. It is but one section in the orchestra of health.

Meditation, Sleep and Nature

Although I had been meditating for many decades, I was inconsistent. In the past when I felt my health was slipping, I would resume meditating, only to drop it when I felt better, a common tendency in many people.

Dr Ian Gawler's books *You Can Conquer Cancer* and *Meditation Pure and Simple* plus Petrea King's book *Up Until Now*, her recordings and her Quest for Life's Program *Healing Your Life* were wonderful resources of which I availed myself. I started meditating daily, without fail. Meditation aids relaxation through the parasympathetic nervous system and benefits the immune system. It is also energy conserving and anxiety reducing, exactly what I needed.

I always knew the importance of sleep, but now, faced with this health challenge, it became even more so. When things become personal, they become important, so I made sure I procured plenty of sleep, even more than before.

We can all draw sustenance from nature, especially in this modern 'churn and burn culture'. I started spending much more time in nature. Among other things it helped give me perspective, as nature connects us to something greater than ourselves.

There is something serene, soothing and calming in the impersonal beauty of nature. More regular exposure to the beach and parks helped me change not just my WAY of life, but my VIEW of life!

Nature became my church!

The changes were all designed to allow my body the best chance to regain its high-level health, which is foundational to reversing whatever chronic disease is being experienced.

If you Want to Really Help Yourself, Don't Fall for Reductionist Thinking!

People have often asked what 'thing' caused this illness, and I reply that one thing only is for sure: it was not only one thing! To ascribe cause to just one variable would be a simplistic mistake. Disease, as previously mentioned, is multi-factorial.

Modern medicine, based on reductionism, looks for the one thing that causes illness. Heart disease is blamed on cholesterol, gout on high uric acid levels, measles, flu and COVID is solely blamed on a virus and so on. Most singular explanations of complex diseases are flawed, which is why most mono therapies for complex diseases do not work well. Complex feedback loops make clear-cut causation very difficult.

We need to embrace all the changes needed in our lives if we desire to improve our health. If nothing changes, then nothing changes! Sadly, modern medicine has not got a good track record when treating chronic illnesses, unlike its heroic efforts in emergency situations.

The reason for this is that modern medicine rarely avails itself of its greatest potential ally: Mother Nature. And Mother Nature, or our innate self-healing power, can only be fully utilised when the patient's lifestyle is corrected.

Improvement is impossible if we continually imitate ourselves!

Never Take a Prognosis Personally!

Always keep in mind that while a diagnosis is PERSONAL, relating to an individual's own situation (provided the diagnosis has been confirmed), the prognosis is only STATISTICAL. Never take a prognosis personally, because it is based on the averages of a large population, the majority of whom, sadly, do not take charge of their health.

A prognosis implies that the disease trajectory is set and nothing can change it. It does not take into account the most important variable in the situation... the individual! When someone is prepared to make the necessary changes to their way of life in response to a diagnosis, they are no longer 'average'.

As Dr William Osler said, "It is more important to know what type of person has the disease, than what type of disease the person has!"

I believe that diagnoses are given by experts, but prognoses are given by Professors of Guesswork.

Have Faith that the Power which Created You, Can Heal You!

I understand most people just accept the verdict handed them by their doctors and are encouraged to resume their normal way of life, not utilising the greatest power they have- their own innate self-healing ability.

They are often told that they will be on certain drugs or treatment the rest of their lives, and that the foods they eat, and other lifestyle factors are largely irrelevant and will not change the trajectory of their illness. Nothing could be further from the truth. This is beautifully evidenced by Dr Kelly Turner's research on thousands of supposedly terminal people who, by changing aspects of their diets, attitudes, emotional baggage and other lifestyle factors beat the odds and did not die on time. Her two books *Radical Remission* and *Radical Hope* are well worth reading if anyone is faced with any serious illness.

The truth is we all have enormous untapped potential for health improvement. The main thing between

My Diagnosis was a Wake-Up Call continued...

us and better health is us! To elevate, we must evaluate!

Dr Seuss sums it up simply:
"You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose."

Good News and Lessons Learned!

In January 2025 my tests showed NED- No Evidence of Disease, or what is called a Metabolic Remission. Great news of course, but there is no room for complacency and returning to old patterns and habits. The changes I made continue to this day and there is no going back. I have heeded my body's protests and asked my body to forgive me.

I am no different to any of you reading this. The laws of life apply equally to all of us.

My experience has been daunting, yet humbling. It has allowed me to become a better person, husband, father and now grandfather. Importantly, it has also allowed me to become a better practitioner.

I have resumed consulting (at my pace) and am REALLY enjoying helping people who sincerely desire to improve their health and take part in their own recovery. Appointments can be face-to-face, Zoom or telehealth from anywhere in the world. If I can be of help, contact Dawn directly on 02-95401962 or 0424246847.

As the world-famous Dr Dean Ornish states in his book *Reversing Heart Disease*: **"Illness can be the catalyst for transforming and improving the quality of your life".** Never truer words have been written!

HealthforLife

Dr Greg Fitzgerald (Allied Health)
Osteopath and Principal at the Health for Life clinic in Gymea Bay.
info@healthforlife.com.au

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

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 profesional's advice for health conditions.

Q. STOMACH ACID DEFICIENCY:

How can I correct stomach acid deficiency? – C. B.,email

A. Stomach or – gastric acid – is a digestive fluid containing hydrochloric acid (HCl) and digestive enzymes. This acid is particularly required for protein digesting enzymes to work. Stomach acid breaks down food and kills harmful bacteria. If you have low stomach acid – also known as *hypochlorhydria* – you'll have trouble digesting food properly, especially protein, and absorbing certain minerals and vitamins. Protein and vitamin B_{12} deficiencies can lead to anaemia, which affects the nervous system. Calcium and magnesium deficiencies lead to osteoporosis. We older adults have a higher risk of having reduced stomach acid levels.

Symptoms of low stomach acid include: excess gas, burping, bloating, diarrhoea, reflux, heartburn, intestinal infections, deficiencies of iron and vitamin B_{12} and hair loss.

Causes

- The most common cause is a condition called atrophic gastritis, in which the cells that secrete stomach juices atrophy and stop working. Atrophic gastritis is the end result of long-term chronic inflammation of the stomach, which has a variety of causes, including bacterial infection (*H.Pylori*), alcoholism and autoimmune disease. [*H. pylori* is associated with stomach ulcers.]
- **Medications** – Chronic use of antacids, H_2 receptor blockers and especially proton pump inhibitors (PPIs) can cause low stomach acid. PPIs were originally approved for short-term use only, but they are commonly over-prescribed for conditions such as heartburn. Eventually, they can cause the acid-secreting glands in the stomach to stop working altogether.
- **Zinc deficiency** due to lack in the diet or poor zinc absorption may cause low stomach acid. Check levels by a blood test.
- Prolonged emotional **stress** can affect digestion and can compromise stomach acid production.

- Stomach **surgery.**
- **Cancer** of the stomach or pancreas.

Restoring acid production

Dealing with low stomach acid involves addressing the underlying cause and considering, temporarily, supplementing with HCl. It's crucial to consult with a health practitioner to determine the underlying cause and to develop an appropriate treatment.

Dietary Modifications

• Eat easy-to-digest foods.
• Fermented foods can improve digestion. Foods that naturally contain probiotics include kefir, sauerkraut, kimchi, tempeh, kombucha, miso, yoghurt and cottage cheese.
• Eat smaller meals and chew thoroughly, which helps initiate digestion.
• Don't drink water, beer or any other liquids with meals as fluids dilute stomach acid. Drink fluid at least an hour before a meal and no sooner than two to three hours afterwards.
• Limit or avoid intake of refined carbohydrates as these cause of inflammation.
• At a meal, eat the protein food first – this helps to stimulate acid production.
• Avoid overly fatty foods, as they are harder to digest.
• Especially on a vegetarian diet, check that you are consuming adequate protein, iron, calcium and vitamin B_{12}.
• Finish your last meal two to three hours before bedtime.
• Eat ginger. This spice possesses anti-inflammatory properties that may help alleviate stomach inflammation contributing to low stomach acid. Ginger is also a remedy for nausea, stomach pain and indigestion, and may stimulate the secretion of essential digestive enzymes.

Supplements

HCl – sold as 'Betaine HCl' – is a supplement used to restore stomach acid levels. Pepsin is often combined with it for protein digestion. These supplements are normally available over-the-counter. Sometimes they help stomach acid to gradually return to normal levels, and can then be discontinued. It might be wise to consult with a healthcare provider before taking supplements.
Apple cider vinegar – Drinking a small amount of diluted apple cider vinegar before a meal may help with digestion.
Zinc is essential for the production of HCl. Addressing zinc deficiency could help increase stomach acidity. Zinc intake can be increased by consuming zinc-rich foods or by supplements. An American standard recommends that adults consume 8 – 11 mg of zinc daily. Zinc-rich foods include sunflower seeds, sesame seeds, all nuts, soya beans, kidney beans, lentils, lima beans, peanuts, cheddar cheese, egg yolk, brown rice, rye, oats, whole wheat, parsley and green peas.
Vitamin B_{12} – In some cases, vitamin B_{12} injections may

Q. 'USE-BY' DATE:

What is the basis of the 'Use-By' date on a packaged food and how is it determined? Why is fat sometimes rancid in a food that is well within its Use-By date? – A. N., Wentworth Falls NSW.

A. The expiry date for a food product is not set by the government, but by the manufacturer. The manufacturer is best able to estimate the shelf-life of a particular food product and the printed date says in effect, "We believe the food will keep fresh for ... days/weeks/months if stored under optimum conditions".

Storage under optimum conditions is the key point. For example, it is assumed that all dairy products will be stored in a refrigerator at less than 5^0C from 'go to whoa'. So if milk is left out of the fridge, either during transport to the shop or in the home, then milk could go off sooner than the use-by date.

If a palette of unsalted butter is left sitting in the sun while waiting for the forklift to take it into the distributor's cool room, the outside packets could warm up and begin turning rancid before the use-by date.

In fact, I have often found that the fat in products is rancid well before their use-by date. This can occur because the manufacturer had no way of knowing how well the fatty ingredient was stored before it was used in the manufacture of the food product or because the product was not stored correctly by the wholesaler or retailer or because the manufacturer misjudged the tendency to rancidity.

Manufacturers do have a vested interest in setting a use-by date accurately, because the last thing they want is unsatisfied customers changing to another brand.

In the days or even weeks after the Use-By date, foods are not necessarily unsuitable for eating. Where foods have a shelf life of many weeks or months, the expiry date can be quite arbitrary, which means that a food like a packet of low-fat crispbread might still be quite nutritious a couple of weeks after the date. This is explained in more detail below.

An authoritative account of food expiry dates is given by the government body, Food Standards Australia New Zealand, in their publication dated 29th April 2022 under the title, 'Use-by and best-before dates'. It is as follows.

Date marks give a guide as to how long food can be kept before it begins to deteriorate or may become unsafe to eat. The two types of date marking are 'Use-By' date and 'Best-Before' date. The food supplier is responsible for placing one of these dates on the food.

YOUR QUESTIONS ANSWERED

Foods that must be eaten before a certain time for health or safety reasons should be marked with a 'Use-By' date. Foods should not be eaten after this date and can't legally be sold after this date because they may pose a health or safety risk.

Most foods have a 'Best-Before' date. You can still eat foods for a while after the Best-Before date as they should be safe, but they may have lost some quality. They can legally be sold after that date, provided the food is fit for human consumption.

The only food that can have a date mark different from these is bread. This can be labelled with a 'Baked-On' or 'Baked-For' date if its shelf life is less than seven days.

Foods that have a shelf life of two years or longer, for example, some canned foods, do not need to be labelled with a date mark. This is because it is difficult to give the consumer an accurate guide as to how long these foods will keep, as they may retain their quality for many years and, in any case, are likely to be consumed well before they spoil.

If specific storage conditions are required in order for a product to keep fresh until its Best-Before or Use-By date, suppliers must include this information on the label, For example, 'This yoghurt should be kept refrigerated'.

You should also follow any directions for use or cooking instructions that the supplier has put on the label.

Q. VERTIGO – HOW TO EASE THE SPINNING:

I am 77 years of age and have overcome many ailments with the help of the Natural Health Society. Now I find I am suffering from vertigo. Is there a natural remedy for vertigo? – T. R., Myrtleford Vic

A. Vertigo is not a disease itself, but a symptom of other problems. Vertigo is the sensation that you or your surroundings are spinning. The name is derived from *vertere*, the Latin verb meaning 'to turn'. You may feel that you are sinking or falling or that the room is spinning around.

The difference between genuine vertigo and a brief burst of light-headedness, odd turns or dizzy spells is that with vertigo there is this impression of rotation.

The mechanism of vertigo involves a disturbance to the balance mechanism in the inner ear, or disturbance to the auditory nerve, brain stem or eyes.

Brief bouts of vertigo can result from trivial causes, such as fun-fair rides, motion sickness, digestive upsets, looking down from a height, rising too quickly from a lying or sitting position, fatigue and so on. If it is a long-term symptom, it may be due to something more significant. A prolonged attack is often accompanied by nausea, sweating or fainting.

There are two types of vertigo, peripheral and central vertigo.
Peripheral vertigo is due to a problem in the part of the inner ear that controls balance, the semicircular canals. It may also involve the nerve between the inner ear and the brain stem.

Peripheral vertigo may be caused by:

- Benign positional vertigo (triggered by a change in the position of your head);
- Certain medicines, including streptomycin and other aminoglycoside antibiotics, cisplatin, diuretics and salicylates, which are toxic to the inner ear structures;

The Natural Health Society of Australia
Helping people live healthier lives for the past 60 years

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

Donate

Some members generously provide us with donations, any donation great or small is gratefully received. You can donate via our website at www.health.org.au, call our office on 0432 396 701 or send a cheque to the "Natural Health Society of Australia" PO Box 22 Lawson NSW 2783.

Help us expand our membership

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

Bequeath

Another way people support the Society is through bequest. Should you consider doing this, the following wording may be helpful. "I bequeath to the Natural Health Society of Australia (NSW) Inc. ABN 91 080 087 725 the sum of $_____ (or part or all of residue of Estate) free of all duties to be applied for the purposes of the Society (or as directed by the donor) and the receipt of the Secretary of the Society shall be sufficient discharge for the same."

YOUR QUESTIONS ANSWERED

- Head injury;
- Inflammation of the vestibular nerve (sends information about head position and movement to the brain);
- Irritation and swelling of the inner ear (labyrinthitis);
- Meniere's disease;
- Pressure on the vestibular nerve, usually from a non-cancerous tumour.

Central vertigo is due to a problem in the brain, usually in the brain stem or the back part of the brain (cerebellum). It may be caused by:
- Blood vessel disease;
- Certain drugs, such as aspirin, alcohol and anti-convulsants;
- Multiple sclerosis;
- Seizures (rarely);
- Stroke;
- Tumours (cancerous or non-cancerous);
- Migraine headache.

Other symptoms can include:
- Problems focusing the eyes;
- Dizziness;
- Hearing loss in one or both ears;
- Loss of balance;
- Ringing in the ears;
- Nausea and vomiting, leading to loss of body fluids.

Central vertigo symptoms may also include:
- Difficulty swallowing;
- Double vision;
- Eye movement problems;
- Facial paralysis;
- Slurred speech;
- Weakness of the limbs.

Causes of persistent vertigo include:
- High or low blood pressure;
- Allergies;
- Head injuries;
- Psychological stress;
- Phobias;
- Changes in atmospheric pressure;
- Blockage of the eustachian tube (connecting middle ear to exterior in the throat);
- Excess wax in the ear;
- Middle ear infections;
- Nutritional deficiencies;
- Side-effects of certain drugs such as streptomycin and other aminoglycoside antibiotics, cisplatin, diuretics or salicylates, which are toxic to the inner ear structures.;
- Poor circulation of the brain due to narrowing of blood vessels, pinched blood vessels in the neck or a disorder such as diabetes or anaemia;
- Viral infection or fever;
- Diabetes;
- Nerve diseases;
- Brain tumours;
- Menniere's Disease, which will be accompanied by tinnitus and loss of hearing.

Treatment of vertigo
Treatment of vertigo depends, as with all conditions, on identifying the cause, then removing or avoiding it.

To prevent worsening of symptoms during an episode, try the following:
- Sit down, put your head between your knees and breathe deeply;
- Lie flat and remove any restrictive clothing;
- Keep still;
- Gradually resume activity;
- Avoid sudden position changes;
- Do not try to read when symptoms occur;
- Avoid bright lights.

In case the cause is poor circulation, try taking infusions of a circulatory stimulant such as betony or fresh ginger, or infusions of a relaxant such as lemon balm. Acupressure may help – pinch hard between your eyebrows with index finger and thumb. If living in a hot climate, taking vitamin B-complex supplements regularly and also a multi-mineral supplement may help prevent attacks. In case there is spinal misalignment or pinched blood vessels in the neck, consult an osteopath or chiropractor for a check-up.

According to the leading American text, *Prescription for Nutritional Healing*, nutrients that are likely to help vertigo are:
– vitamin B complex plus extra B_{12};
– vitamin C in large doses plus bioflavonoids;
– vitamin E – start with 200 IU daily and increase gradually to 400 IU or at the most 800 IU;
– lecithin as directed on the label;
– co-enzyme Q_{10};
– a complex of carotenoids (the beta-carotene family);
– zinc at 30 mg daily.

Persistent vertigo may respond to reducing the intake of caffeine, refined sugar, fried foods, salt, nicotine and alcohol (all fun things in life, we know, but they come at a price.)

A study conducted at West Virginia University by a Professor of Otolaryngology examined 444 patients with inner ear problems in the form of hearing loss, ringing in the ears or vertigo. It was found that 46 percent of the patients had high cholesterol or high blood fats, 87 percent had diabetes or a pre-diabetic condition, and 80 percent were overweight.

The doctor advised his patients to greatly restrict their intake of saturated fats, refined sugars, refined starches and concentrated sweets. Overweight patients were advised to reduce weight. Among those who conscientiously followed his instructions, the majority reported significant improvement in the inner ear problems, with vertigo being relieved as blood lipid levels fell.

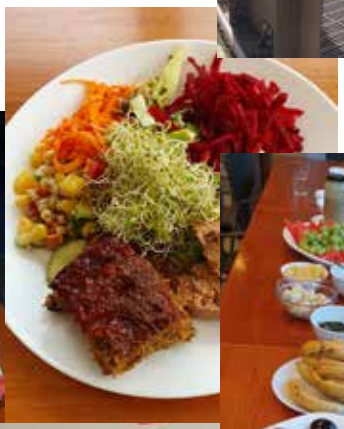
An ear specialist in Alabama was consulted by a woman suffering vertigo to the extent that she could barely stand up. Her triglyceride (blood fat) level was very high. After three weeks on a low-fat diet, triglyceride levels fell by 50 percent and her dizziness was gone.

Society Weekend

During March, we had an excellent weekend away in beautiful Thredbo. Richard Stepniewski and Roger French both gave fantastic health talks during the weekend. Elizabeth French showed us how to make plant-based cheese and attendees were treated to a variety of activities including bushwalking, morning yoga and even a spot of juggling. Thank you to everyone who came, and a special thanks to our volunteers who ran this wonderful event.

The weekend was filled with gorgeous fresh food, fun activities, time to socialise and relaxation. The weekend away was an excellent reminder of the amazing wealth of knowledge and lived experience our Natural Health community has; we are certainly happier and healthier together!

Here's what some of our attendees had to say about the weekend.
"Thanks for a great weekend. It was an enjoyable experience and the company was great."
"I had a great time away in Thredbo. The accommodation was lovely. The people were great, the food was delicious and the activities were good too!"



We are in the process of organising another weekend away next March. We know Thredbo proved a bit too tricky to get to for some, so our next weekend will be not quite so far away. Stay tuned. We hope to see you there!

Society Seminar

Our Annual Seminar Day is on Saturday, July 26.

Join us for a day of learning and community. The Natural Health Society's annual seminar for 2025 will be held at Sydney Mechanic's School of Arts near Town Hall in Sydney. We have collected together a group of speakers to inspire and inform us on the day.

Bianca James: The Amazing Journey through Your Digestive System
Bianca James has been a Registered Nurse for over 60 years. She established and ran The Sydney Colon Health Clinic, in St Leonard's, Sydney, for over 35 years before retiring in June 2024. Bianca has a wealth of knowledge and experience in bowel and digestive health, as well as what can go wrong and why, all of which she is happy to share with you in her talk. Bianca will take you on an exciting and insightful journey through your entire digestive system, starting in the mouth. **Discover:** The power of your digestive and bowel system and how it functions **Learn:** How to change your life through nutrition **Become:** Empowered, taking control and responsibility for your health **Discover:** Things about your digestive system you may not have known or realised.

Roger French: How the Natural Health Lifestyle has Given Me Exceptional Quality of Life at 84 years of Age
Roger French, author and health researcher, has dedicated his life to researching and promoting Natural Health. Roger, who is also the Patron of the Natural Health Society of Australia, is the epitome of a person who 'walks the walk', he has been implementing NHSA principles in his own life for 57 years. At 84, he has started to notice something, he recently wrote in our True Natural Health magazine, "I am the oldest member of my Rotary Club, the oldest member of my gym, the oldest runner/walker in Parkrun and recently the oldest cyclist in a 440 km organised bike ride." In Roger's session, he will talk us through the key principles he has followed to achieve his uncommonly good health. In his presentation, Roger will summarise his key findings of 50-plus years of research and share how you can make long-lasting and highly-impactful changes.

Candace Coughlan: Food as Medicine: A Strategic Approach to Wellness and Vitality
Discover a practical, structured approach to enhancing wellness through food. Candace Coughlan, a specialist in culinary nutrition, fermentation and holistic wellness, presents a dynamic framework for integrating nutrient-dense foods, herbs, spices, fermentation and seasonal eating to support energy, immunity, cognitive health, hormonal balance and resilience. Attendees will leave with practical tools and strategies, including a food-as-medicine meal planning framework, techniques for incorporating fermented foods, guidance on using therapeutic herbs and spices and seasonal eating strategies to optimise health. This presentation is designed to provide actionable insights that can be applied immediately for long-term vitality and wellness.

Contessa Hajinikitas: The 12-Minute Mind Reset
Contessa is the author of the *12-Minute Mind Reset*. A book that provides a program of daily wellness scripts that are used to create peace and organisation in your busy day. Covering daily topics including goals, worth, grounding, meeting preparation, anxiety and sleep. At our seminar, Contessa will guide us through a 12-Minute Mind Reset, and talk to us about the transformative power of mindful living.

Between talks, we will serve a wholefood vegan lunch and have exclusive seminar specials available.

Early bird tickets ($75.90) are available now.

To register visit www.health.org.au or call 0432 396 701.

The Horary Clock: Aligning with Your Body's Natural Rhythms

By Rebekah Ray

Introduction

The **Horary Clock** is a concept derived from traditional Chinese medicine that divides the 24-hour day into twelve two-hour intervals. Each interval is governed by a specific organ system. Each system is responsible for essential physiological, emotional and mental processes.

Our bodies function according to a natural rhythm that aligns with the cycles of time, energy and nature. In modern culture and life, we are so out of sync with our bodies and the universe. By using the information in this article, you can become a great observer of your life rhythms and start working with these for greater health.

The Philosophy of the Horary Clock

The Horary Clock is based on the principles of **Qi (life force energy)** and the **meridian system** in traditional Chinese medicine. According to this philosophy, energy cycles through different organs at specific times of the day, influencing their function and our overall wellbeing.

Each organ is associated with not only a physiological function but also emotional and spiritual aspects. Disharmony during an organ's time period may indicate imbalances that manifest as physical symptoms or emotional struggles. By aligning our daily routines with this natural cycle, we can restore balance and prevent disease.

Additionally, the Horary Clock highlights the connection between humans and the greater cycles of nature. The rise and fall of Qi throughout the day mirrors the movement of the sun, reinforcing the importance of living in harmony with natural rhythms. Engaging in seasonal eating, mindful living and traditional herbal medicine further support this philosophy.

THE BODY'S 24-HOUR ENERGY CYCLE

5am to 7am: Large Intestine – Holding On and Letting Go

Primary Function: Absorption of nutrients and letting go of waste: physically, mentally and spiritually.

Signs of Weakness: Constipation, diarrhoea, irritable bowel syndrome and skin ailments.

Mental/Emotional Imbalances: Holding grudges, hoarding, difficulty letting go of past experiences, clutter or unproductive busyness.

Strengthen your Large Intestine by:

- Drinking warm water to stimulate digestion.
- Consume or smell pungent foods to increase digestion and circulation.
- Engage in a bowel movement to remove waste and toxins from your body.
- Comb your hair to let go of thoughts that no longer serve you.
- Journal to clear your thoughts.
- Practise gratitude to hold onto good things.
- Declutter your space to let go of things that no longer serve you.

7am to 9am: Stomach – Nourishment and Absorption

Primary Function: Digestion and food processing.

Signs of Weakness: Bloating, gas, acid reflux, nausea, skin issues and fatigue.

Mental/Emotional Imbalances: Anxiety, brain fog and the tendency to absorb other people's emotions

and problems.

Strengthen your Stomach by:

- Eating a nutritious breakfast with balanced portions.
- Focus on self-discipline and setting healthy boundaries. Decide what is good for you, and what isn't good for you.
- Engage in physically stimulating activities such as exercise.
- Perform mentally complex tasks as the brain has high acuity at this time.

9am to 11am: Spleen – Digestion and Focus

Primary Function: Sorting and absorbing nutrients.

Signs of Weakness: Poor digestion, bloating and fatigue.

Mental/Emotional Imbalances: Overthinking and indecision.

Optimal Activities:

- Minimise distractions and stay focused.
- Undertake intellectually demanding work.
- Engage in strategic thinking. and decision-making.

11am to 1pm: Heart – Circulation and Emotional Connection

Primary Function: Governing circulation, emotions and decision-making.

Signs of Weakness: Negative emotions, excessive talking and poor circulation.

Mental/Emotional Imbalances: Emotional instability, difficulty expressing love and joy.

Optimal Activities:

- Engage in social interactions and meaningful conversations.
- Take a break from work.
- Exercise to support circulation.
- Eat a healthy lunch.

1pm to 3pm: Small Intestine – Absorption and Decision-Making

Primary Function: Absorbing nutrients and filtering important information.

Signs of Weakness: Poor nutrient absorption and digestive discomfort.

Mental/Emotional Imbalances: Difficulty making clear decisions and confusion.

Optimal Activities:

- Engage in quiet, less mentally-taxing work.
- Rest or take a short nap to restore energy. The body's energy is keenly focussed on digesting. Having a bit of a rest helps to enhance the process.
- Avoid strenuous exercise.

3pm to 5pm: Bladder – Energy and Fluid Balance

Primary Function: Eliminating liquid waste and maintaining energy flow.

Signs of Weakness: Dehydration, urinary tract issues and fatigue.

Mental/Emotional Imbalances: Stress and anxiety.

Optimal Activities:

- Stay hydrated by drinking water or herbal tea.
- Engage in creative and communicative tasks.
- Begin wrapping up the day's work.

5pm to 7pm: Kidneys – Recharge and Restore

Primary Function: Storing energy and nutrients.

Signs of Weakness: Back pain, hearing loss and poor immune function.

Mental/Emotional Imbalances: Fear, insecurity.

Optimal Activities:

- Wind down and rest.
- Eat a light, nourishing dinner.
- Listen to calming music or engage in passive activities.

7pm to 9pm: Pericardium – Emotional Protection and Nourishment

Primary Function: Protecting the heart and balancing emotions.

Signs of Weakness: Emotional vulnerability and difficulty managing stress.

Optimal Activities:

- Engage in light exercise such as stretching or yoga.
- Self-care activities.
- Avoid mentally demanding work.

- Avoid heavy meals before bed.

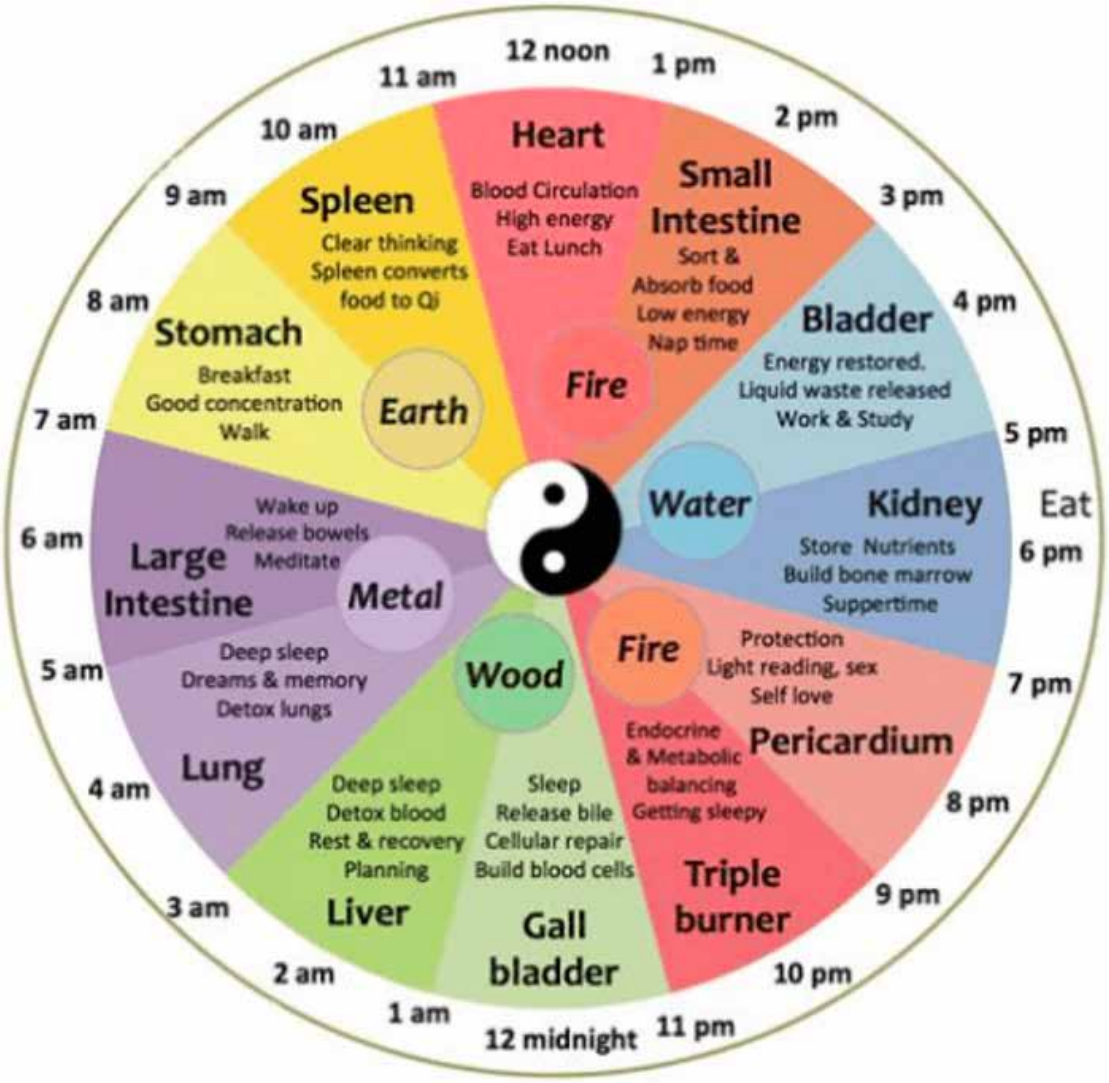
9pm to 11pm: Endocrine System – Hormonal and Metabolic Balance

Primary Function: Regulating hormones, metabolism and fluid balance.

Signs of Weakness: Sleep disturbances, stress and hormonal imbalances.

Optimal Activities:

- Follow a wind-down routine to prepare for sleep.
- Avoid stress and electronic screens.
- Meditation or relaxation techniques.



11pm to 3am: Liver and Gallbladder – Detox and Deep Sleep

Primary Function: Detoxifying the body, producing bile and repairing cells.

Signs of Weakness: Obesity, skin issues, poor digestion, fatigue and irritability.

Mental/Emotional Imbalances: Anger and frustration.

Optimal Activities:

- Ensure deep, restorative sleep.
- Maintain a consistent sleep schedule.
- Address emotional stress through self-reflection.

3am to 5am: Lungs – Breathing and Dreaming

Primary Function: Oxygenating the body and processing emotions through dreams.

Signs of Weakness: Asthma, allergies and respiratory issues.

Mental/Emotional Imbalances: Grief and sadness.

Optimal Activities:

- Stay warm and comfortable in bed.
- Keep water nearby to stay hydrated.
- Avoid exposure to cold, dry air.

Conclusion

By aligning our daily routines with the **Horary Clock**, we can support our physical health, mental clarity and emotional stability. Understanding the natural energy flow of our bodies allows us to optimise productivity, digestion, sleep and emotional wellbeing. By respecting our internal rhythms, we can achieve greater harmony with nature and ourselves.

About the author

Rebekah Ray grew up in a natural health environment of Osteopathy, Naturopathy, Aromatherapy and-Massage Therapy and with influence from an Adventist background. She has completed a Bachelor of Health Science, a Master of Traditional Chinese Medicine, trained in Japanese Yoga and completed further studies in counselling.

Rebekah has worked as a clinical practitioner now for a little over ten years.

An Easy Approach to Intuitive Eating

By Lauren Jane

If you've ever found yourself trapped in the cycle of dieting, restricting or obsessing over food, you're not alone. It's hard to remain immune from the societal pressures that trigger these loops. The trouble is, when we chase the latest fad and outsource what our body innately knows, we risk losing touch with cues that guide us on what, when and how to eat.

I get it though, if you've spent years following strict meal plans or chasing weight loss goals, the idea of simply 'listening to your body' can feel vague or even daunting. The following is my gentle intuitive eating framework to help you on the right path.

Tune Into Hunger and Satiety Cues

The diet industry has conditioned us to eat by the clock, according to certain portion guidelines, and to suppress our appetite.

Next time you find yourself in search of food, rate your hunger on a scale of one to ten. If there's no tummy grumble or the other signs of hunger, ask yourself:
1. What else could be driving your desire for food?
2. Did something stressful happen earlier in your day?
3. Are you feeling emotional, anxious, tired or bored?

Honour Your Emotions Without Food

I am the first person to tell you that food is so much more than just fuel. It's a part of every celebration, tradition and childhood memory.

Food provides comfort in our times of need. However, it's important to have other strategies to commemorate, honour, process and manage our emotions. Food should never serve as a primary coping mechanism. Explore breathwork, dance, hot/cold therapy, time in nature or read a good book.

Eat Food That You and Your Body Like

When planning weekly meals or deciding from the menu at a cafe, many of us unconsciously follow ingrained food rules that have shaped us over the years. Perhaps you've been conditioned to go low-carb, to avoid fats or to force yourself to eat foods you don't enjoy.

Instead of wondering 'Is this meal healthy?' or 'Will this food help me reach my goal?', shift your perspective to one of curiosity. Ask yourself:
1. How does this meal affect my energy levels?
2. Does this meal make me feel truly satisfied?
3. Is my digestion happy after this meal?

Tune Into Seasonal Changes

If tuning into your body's wisdom feels challenging or unfamiliar, begin by paying attention to your environment. Our bodies naturally crave different foods at different times of the year to align with the seasons.

In spring we thrive on fresh and lightly-steamed foods like leafy greens, sprouts and bitter vegetables. During summer we are drawn to cooling foods. Eating raw and hydrating foods like fruit and salad comes naturally in these warm months. As autumn arrives, we lean towards more cooked meals, warming spices, grounding root vegetables and quinoa bowls. In winter, well-cooked hearty comfort meals feel right, lentil soup, slow-cooked beans, tempeh stews and mugs of hot chai tea join the menu.

Be Mindful and Present at Mealtime

How often do you find yourself eating while mindlessly scrolling on your phone, watching TV, working or even driving? When we eat distracted, we miss fullness cues and can end up overeating or feeling unsatisfied.

To eat intuitively, make the effort to set aside some time and space to sit with your meal (or snack). Begin with five deep breaths to activate

your 'rest and digest' response. Observe your food, take in the texture, smell and taste of your food. Midway through, pause and check in with yourself. Are you still hungry? Does the food still taste as good as when you started?

Ditch Diet Culture and Food Guilt

Diet culture thrives on black-and-white thinking, labelling foods as 'good' or 'bad'. Shift your mental landscape to a more neutral one:

- Many foods can have a place in a balanced diet.
- Soul food is also important.
- Food is not a moral issue - eating a salad doesn't make you 'good' and eating cake doesn't make you 'bad'.

By removing judgment around food, we free ourselves from guilt and create space for flexibility and the enjoyment of food.

Practise Gentle Nutrition

It pays to have a foundational understanding of wholefood nutrition. By keeping our body biologically fed we can prevent the primal drive to overeat or fall into cycles of restriction.
We know that imbalances in blood sugar, poor gut health and hormonal fluctuations all influence our appetite, therefore the concept of simply eating whatever you want, whenever you want, simply won't suffice.

Intuitive eating is about trusting your body; being guided by your hunger and satiety and not being influenced by diet culture.

ABOUT THE AUTHOR:
Lauren Jane is a clinical naturopath, nutritionist, herbalist and the founder of Kiyah Wellness. Lauren holds a Bachelor of Psychology and a Bachelor of Health Science (Naturopathy). Her purpose is clear, to redefine what true health means for women and provide genuine, informed naturopathic care. Jane spoke to us about Intuitive Eating during our last webinar series. She offers free 10-minute introductory calls at her telehealth clinic. Bookings are available via her website. www.kiyahwellness.com.au

Not All Plant-Based Diets Are Equal

By Becky McCall, MSc, MScPh, 21st February 2025

BERLIN – Adherence to a *healthy* plant-based diet is associated with a reduced risk of developing inflammatory bowel disease (IBD), whereas an *unhealthy* plant-based diet is linked to an increased disease risk and worse outcomes, according to the results of a large cohort study.

The study, which included both Crohn's disease and ulcerative colitis, also showed that diet quality may affect disease progression and surgery risk for individuals already diagnosed with IBD.

"Not all plant-based foods are equal – they don't all have the same effect on health outcomes," said study researcher, Judith Wellens, MD, PhD, gastroenterology resident at Leuven University Hospital, Leuven, Belgium.
"We need to look at what people are eating more carefully because it isn't black and white, with all plant-based food being good and animal-based food being bad," said Dr Wellens.

While she advocates plant-based diets, Wellens stressed that "They need to be individualised to ensure that overall dietary quality is good. Just cutting out meat products is not enough. We think it is the unhealthy additions to some plant-based diets that drive the IBD risk."

Is it the plant foods or the processed ingredients?

"Preclinical studies have already taught us that plant-based diets alter the gut microbiota in a beneficial way. However, many diets promoted for IBD contain ingredients that are animal based. This is confusing for patients and for clinicians," said Wellens.

To look more closely at the question, Dr Wellens and her colleagues analysed data for 187,888 participants from the UK Biobank and 341,539 participants from across eight European countries from the European Prospective Investigation into Cancer and Nutrition (EPIC) cohort. None of the participants had IBD at baseline.

The researchers constructed plant-based diet indices (PDIs) with diets categorised as healthy (for example, whole grains, fruits, vegetables, legumes and vegetarian protein alternatives) or unhealthy (for example, emulsifiers, refined grains, fries, sweets, desserts, sugar-sweetened beverages and processed foods).

In the UK Biobank cohort, 925 participants developed IBD over a median follow-up of 11.6 years. Participants who followed a healthy PDI had a 25 percent reduced IBD risk, whereas those who followed an unhealthy PDI had a 48 percent increased risk for development of both Crohn's disease and ulcerative colitis.

The EPIC cohort had a longer median follow-up time of 14.5 years, during which 548 people developed IBD. Healthy PDIs were linked to a 29 percent reduced risk for IBD, whereas unhealthy PDIs were associated with a 54 percent increased risk.

Abridged and sub-edited from *Medscape Medical News* © 2025 WebMD, LLC, 7th March 2025

Why Perfection in Lifestyle Isn't the Best Goal

By Lindsay Powers, Naturopathic Therapist. Abridged by Roger French from an enewsletter by *Naturally Healthy News*

It's easy to think that missing a workout, having a drink or eating something off-plan means failure, but that mindset can actually do more harm than good.

Studies show that rigid, all-or-nothing thinking often leads to burnout, while those who allow flexibility in their approach to lifestyle are more likely to maintain healthy habits in the long run.

The key is resilience: the ability to adapt, learn and keep moving forward.

Instead of seeing setbacks as failures, view them as opportunities to reset.

Building resilience in your health routine

1. Focus on progress, not perfection
Small improvements add up over time. If you ate more plant-based meals, reduced alcohol intake, or exercised more this season than before, that's progress.

2. Reframe setbacks as learning opportunities
Instead of feeling discouraged, ask yourself: What worked? What didn't? What can I adjust to make this habit more sustainable?

3. Set flexible goals
Research suggests that people who set adaptable goals – rather than rigid, all-or-nothing rules – are more likely to maintain long-term success. For example, aiming to eat nutritious foods most of the time while allowing yourself the occasional treat instead of declaring, 'I'm never eating chocolate again,' makes healthy eating more sustainable.

This is why the Natural Health Society has the 'Five percent rule':
It's not what you do five percent of the time that governs health; it's what you do 95 percent of the time that counts.

4. Prioritise recovery and self-care
Mental and physical resilience go hand in hand. Prioritising sleep, stress management and proper nutrition to help your body and mind stay strong, even when challenges arise. Key nutrients like magnesium for relaxation, B-vitamins for energy and CoQ10 and L-carnitine for endurance can provide extra support to keep you feeling your best.

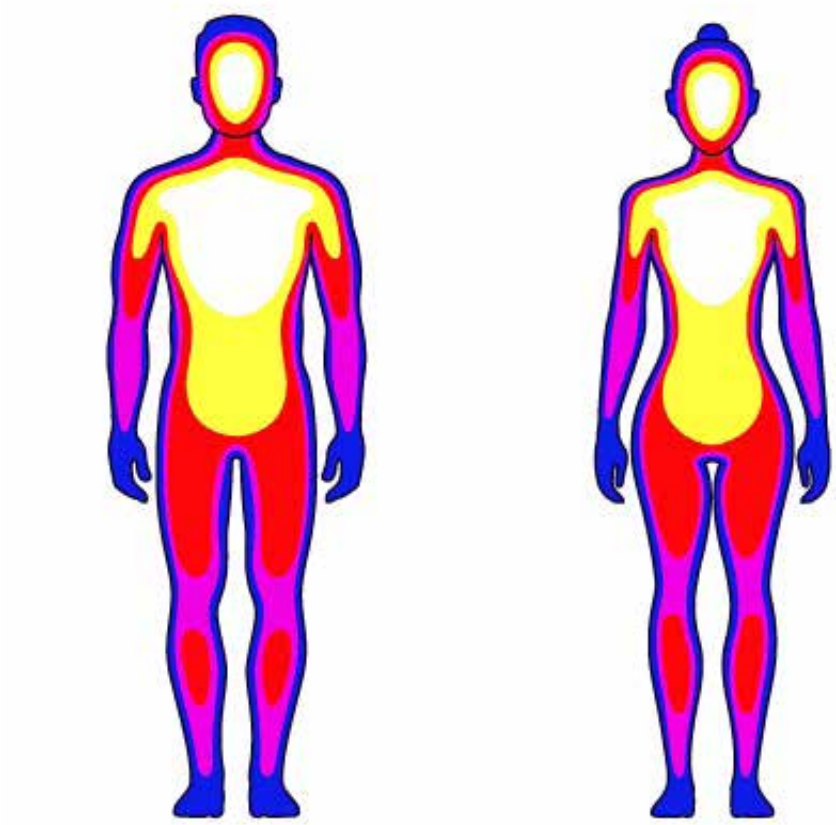
Why resilience matters more than willpower

A fascinating study published in *The Journal of Behavioural Medicine* found that individuals who showed self-compassion after missing a goal were more likely to get back on track compared to those who were self-critical. The researchers concluded that resilience – built through self-kindness and adaptability – was a stronger predictor of long-term success than sheer willpower.

This means that being kind to yourself when you slip up isn't just about feeling better in the moment, it actually helps you stay committed in the long run.

The Science of Warming Foods: How to Nourish Your Body in Winter

By Candace Couglan at Wild Health Hub



As winter settles in, our bodies instinctively crave warmth—not just from cosy jumpers or hot baths, but from the foods we consume. Across centuries and cultures, seasonal eating has been considered a vital element of wellbeing.

Traditions such as Ayurveda, Traditional Chinese Medicine (TCM) and Indigenous food practices have long recognised the importance of adapting our diets to support the body's needs throughout the colder months. Warming foods—those that stoke our internal fire, support digestion and stimulate circulation—are especially valued during winter.

While these ancient traditions offer timeless insights, modern nutritional science is beginning to affirm what many of our ancestors already knew. In this article, we'll explore how the right kinds of foods can help us generate internal heat, maintain energy levels and stay resilient throughout winter. By understanding the science behind food and warmth, and by aligning our meals with nature's rhythm, we can feel more grounded, energised and vibrant—even on the chilliest of days.

The Body's Internal Furnace: How Food Generates Warmth

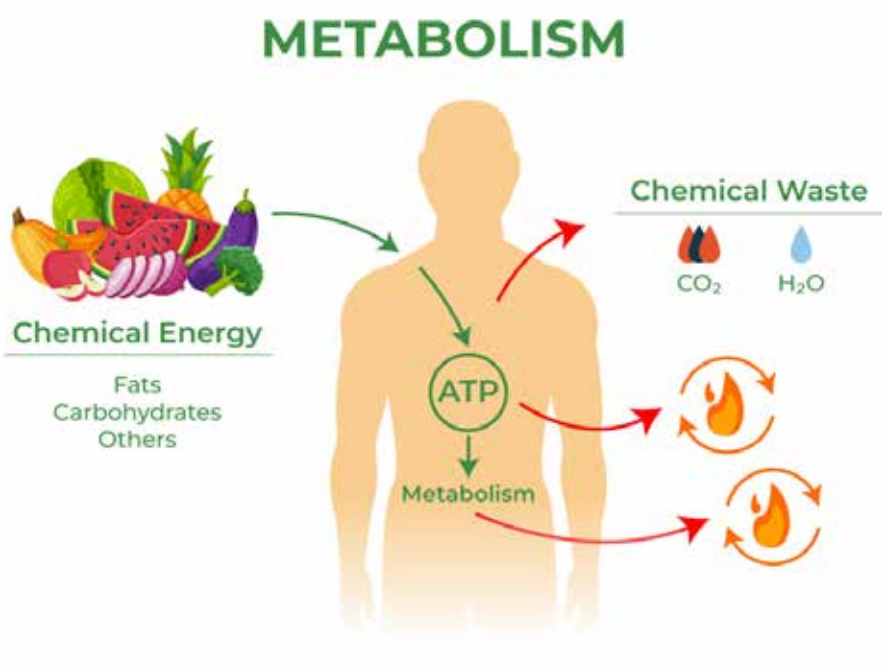
We often look outward for warmth—layering our clothes or turning up the heater—but the process of staying warm begins within. The food we eat plays a pivotal role in how our body produces and retains heat. Three interconnected processes help us generate that warmth from within: thermogenesis, circulation and metabolism.

Thermogenesis: Heating Up from the Inside Out

Thermogenesis refers to the heat our bodies produce as we digest, absorb and metabolise food—a phenomenon known as diet-induced thermogenesis (DIT). This process varies depending on the types of foods we consume. Protein, for instance, has the highest thermic effect, requiring more energy to process than carbohydrates or fats. This extra effort translates into heat.

Incorporating protein-rich foods into our meals—alongside whole grains, legumes and seeds—can support this internal warming process. Whole foods that provide fibre and complex carbohydrates also contribute to this effect, offering slow-release energy that keeps us feeling satisfied and energised.

Warming spices—such as cayenne, ginger, black pepper, cinnamon and turmeric—are especially valuable. Not only do they enhance flavour, but they also stimulate thermogenesis by activating brown adipose tissue, which helps burn energy and produce heat.



Circulation: Moving Warmth to Where It's Needed Most

Good circulation ensures that heat is evenly distributed throughout the body, keeping extremities warm and organs well-nourished. In colder temperatures, however, our blood vessels constrict in an effort to conserve heat, often leaving us with chilly fingers and toes.

Beetroot and leafy greens are rich in nitrates, which convert to nitric oxide in the body and help widen blood vessels, improving blood flow. Spices such as ginger, cinnamon and cayenne further stimulate circulation, creating that familiar flush of warmth we feel after a spicy meal or hot herbal tea.

Citrus fruits and garlic, known for their cardiovascular benefits, also play a role here. Garlic contains sulphur compounds that support blood vessel health, while the flavonoids in citrus improve capillary function, ensuring that warmth reaches even the furthest corners of the body.

Metabolism: Sustaining Energy and Warmth All Day Long

Metabolism is the process by which our bodies convert food into energy. When functioning optimally, it helps maintain a steady body temperature and keeps us feeling alert and active—even in the depths of winter. However, slower digestion and a sluggish metabolism can leave us feeling lethargic and cold.

To support a healthy, balanced metabolism, it's essential to nourish the body with whole, unprocessed foods that provide sustained energy. Complex carbohydrates from root vegetables, whole grains and legumes deliver a steady fuel source, while healthy fats from avocados, nuts and seeds offer longer-lasting energy and insulation.

Fermented foods such as kimchi, sauerkraut, miso and natural yoghurts also play a vital role. By enhancing digestion and nutrient absorption, they help the body extract more energy and warmth from the food we eat, all while supporting gut health—a key player in overall immunity and wellbeing.

Warming Foods, Rooted in Tradition and Supported by Science

It's no coincidence that winter meals across many cultures are hearty, spiced and slow-cooked. These traditions emerged not just for comfort, but for health. Today, science supports what traditional wisdom has long taught us: warming foods have a profound effect on how we feel and function in winter.

Cooking methods are just as important as food choices. Slow-cooked stews, roasted vegetables and simmered broths offer more than just convenience—they retain warmth, aid digestion and support the body's natural need for heat. Avoiding cold or raw foods like smoothies and salads during the colder months can also help maintain digestive fire.

Spiced herbal teas, golden milk and nutrient-rich broths can be sipped throughout the day to maintain hydration and inner warmth. These practices not only nurture the body but also create a sense of ritual and comfort—an essential part of holistic winter wellness.

Winter Warming Recipe Guide

By Candace Coughlan of Wild Health Hub

A Winter-Inspired Day on a Plate

Breakfast: A bowl of spiced porridge made with oats, cinnamon, ginger, chia seeds and walnuts.

Lunch: Roasted beetroot and lentil salad drizzled with tahini dressing.

Dinner: A hearty stew made with root vegetables, accompanied by grains and seasonal sides sprinkled with seeds or herbs.

Snacks and Drinks: Golden milk made with spices and nuts with a touch of chilli and dark chocolate.

Warming Up from the Inside Out

By understanding the science behind warming foods and embracing the traditions that promote seasonal nourishment, we can transform the way we experience winter. A diet rich in thermogenic spices, hearty whole foods and fermented fare offers everything we need to stay energised and nourished.

This winter, rather than resisting the season, what if we leaned into it with intention? With the right knowledge, we can turn winter into a time of warmth, restoration and vibrant health.

To dive deeper into your winter wellness journey, I invite you to join me for the Winter Series of The Wellness Way Blueprint. Together, we'll explore how to align your nutrition, lifestyle and seasonal rhythms for sustainable health—from the inside out. Visit www.wildhealthhub.com for details.

Spiced Winter Porridge (Serves 2)

Start your day with a cosy bowl of spiced porridge that supports digestion, warms you from within and provides steady energy. Infused with cinnamon, ginger, chia and crunchy walnuts, this breakfast is both nourishing and satisfying—perfect for a chilly winter morning.

Ingredients:
1 cup rolled oats
2 cups water or plant milk of choice
½ tsp ground cinnamon
¼ tsp ground ginger
1 Tbsp chia seeds
2 Tbsp chopped walnuts
Optional: 1 tbsp maple syrup or a sliced ripe banana or apple

Instructions:
1. In a saucepan, combine oats, water or milk, cinnamon and ginger.
2. Bring to a gentle simmer over medium heat for 5 – 7 minutes, stirring occasionally.
3. Stir in chia seeds and cook for 1 – 2 more minutes until thickened.
4. Serve warm topped with chopped walnuts and maple syrup or fruit if using.

Roasted Beetroot and Lentil Salad with Tahini Dressing (Serves 2)

This vibrant salad blends the earthy sweetness of roasted beetroot with protein-rich lentils and iron-packed greens. Finished with a creamy tahini dressing and optional toppings like avocado or seeds. This dish is grounding, nutrient-dense and ideal for a hearty winter lunch.

Ingredients:
For the Salad:
2 medium beetroots, peeled and cubed
1 cup cooked green or brown lentils
2 cups baby spinach or rocket
½ cup cooked quinoa or buckwheat (optional, for added bulk)
½ avocado, sliced (optional, for creaminess and healthy fats)
2 Tbsp pumpkin or sunflower seeds (optional, for crunch and minerals)
1 Tbsp olive oil
½ tsp ground cumin
Salt and pepper to taste, if desired

For the Dressing:
2 tbsp tahini
1 tbsp lemon juice
1 tsp maple syrup or honey
1–2 Tbsp warm water (to thin)

Instructions:
1. Preheat oven to 200°C (390°F). Toss beetroot with olive oil, cumin, salt and pepper. Roast for 25 – 30 minutes until tender.
2. In a large bowl, combine lentils, greens and optional quinoa. Top with warm roasted beetroot, avocado and seeds.
3. Whisk dressing ingredients together and drizzle over the salad just before serving.

Hearty Root Vegetable and Legume Stew (Serves 4)

Rich in fibre and flavour, this stew combines root vegetables, legumes and warming spices to nourish your body and keep you full for hours. It's easy to make, packed with seasonal produce and even better the next day—perfect for batch cooking during the colder months.

Ingredients:
1 Tbsp olive oil
1 onion, chopped
2 garlic cloves, minced
2 carrots, chopped
1 parsnip, chopped
1 small sweet potato, peeled and cubed
1 can chopped tomatoes
1 can chickpeas or mixed legumes, drained
2 cups vegetable broth
½ tsp turmeric
¼ tsp ground black pepper
Salt to taste, if desired

Optional: ¼ tsp smoked paprika or fresh herbs.

Instructions:
1. In a large pot, heat oil and sauté onion and garlic until fragrant. Add root vegetables and cook for 5 minutes.
2. Stir in turmeric, pepper and optional paprika. Add tomatoes, legumes and broth.
3. Simmer for 25 – 30 minutes until vegetables are tender.
4. Adjust seasoning and serve with cooked grains and a sprinkle of seeds or herbs.

Stewed Spiced Apples with Toasted Nuts (Serves 2)

A gentle, naturally sweet treat that supports digestion and satisfies sweet cravings. The warming spices and crunchy nuts turn this into a delicious winter dessert or breakfast topper.

Ingredients:
2 apples, peeled and chopped
¼ tsp ground cinnamon
⅛ tsp ground ginger
½ cup water
1 tsp maple syrup or honey (optional)
2 Tbsp chopped walnuts or almonds

Instructions:
1. In a saucepan, combine apples, spices and water. Simmer over low heat for 10 – 15 minutes until soft.
2. Stir in maple syrup if using.
3. Serve warm with a sprinkle of nuts.

Miso Soup with Seaweed and Fermented Vegetables (Serves 2)

A light yet deeply nourishing soup rich in gut-loving probiotics and minerals. This quick miso broth with seaweed and fermented vegetables is an excellent addition to any winter meal and supports immunity and digestion with every comforting sip.

Ingredients:
2 cups water
1 Tbsp white or red miso paste
½ cup chopped fermented vegetables (such as sauerkraut or kimchi)
¼ cup dried wakame seaweed (rehydrated as per packet instructions)
1 spring onion, finely sliced

Optional: A few cubes of silken tofu or cooked brown rice noodles.

Instructions:
1. In a saucepan, bring water to a gentle simmer (do not boil). Stir in miso paste until fully dissolved.
2. Add fermented vegetables and seaweed and simmer for 2 – 3 minutes.
3. Add spring onion and tofu or noodles if using, and warm through. Serve hot.

Baked Stuffed Sweet Potatoes with Warming Spices (Serves 2)

A wholesome and satisfying dish that combines grounding sweet potato with protein, fibre and warming spices. This recipe is perfect for a cosy lunch or dinner that feels indulgent yet nourishing.

Ingredients:
2 medium sweet potatoes, scrubbed
2 Tbsp Greek-style yoghurt
2 Tbsp chopped parsley or coriander
1 Tbsp olive oil
½ cup cooked lentils or black beans
½ tsp ground cumin
¼ tsp ground cinnamon
¼ tsp smoked paprika

Instructions:
1. Preheat oven to 200°C (390°F). Prick sweet potatoes with a fork and roast for 40–45 minutes or until soft.
2. While baking, warm lentils or beans in a pan with olive oil and spices.
3. Slice potatoes open and fluff the insides slightly. Fill with the spiced lentil mixture.
4. Top with yoghurt and herbs before serving.

Immune-Supporting Garlic and Ginger Broth (Serves 4)

This soothing broth is packed with immune-loving ingredients like garlic, ginger, turmeric and lemon. Sip it as a warming tonic or use it as a base to elevate your winter soups and stews.

Ingredients:
4 cups water or vegetable broth
4 garlic cloves, crushed
1 Tbsp sliced fresh ginger
½ tsp turmeric powder
Juice of ½ lemon

Instructions:
1. Add all ingredients to a pot and bring to a gentle simmer.
2. Cover and cook for 15 minutes.
3. Strain and sip warm, or use as a base for soups and stews.

Optional: A pinch of cayenne pepper, sea salt or black pepper.

Golden Milk (Serves 1)

A soothing and anti-inflammatory winter warmer that brings together turmeric, cinnamon, ginger and black pepper. This creamy golden milk is the perfect evening drink to relax your body, support immune health and ease into restful sleep.

Ingredients:
1 cup plant milk of choice
¼ tsp turmeric powder
Pinch of black pepper
⅛ tsp cinnamon
⅛ tsp ground ginger

Optional: 1 tsp honey or maple syrup.

Instructions:
1. Gently heat all ingredients in a saucepan over low-medium heat.
2. Whisk to combine and avoid boiling. Pour into a mug and enjoy.

Spiced Chai Herbal Tea (Serves 2)

Inspired by traditional masala chai, this caffeine-free herbal blend delivers the bold flavours of warming spices like cinnamon, cardamom and ginger. Served with your plant milk of choice, it's a grounding and aromatic way to warm up any time of day.

Ingredients:
2 cups water
½ cinnamon stick
2 whole cloves
2 slices fresh ginger
4 black peppercorns (optional)
¼ tsp cardamom seeds or 2 pods
½ cup plant milk of choice

Optional: 1 tsp honey or maple syrup.

Instructions:
1. Place all spices in a small saucepan with water and bring to a gentle boil.
2. Simmer for 10 minutes. Add milk and gently warm through (do not boil).
3. Strain and sweeten if desired. Serve hot.

Roasted Spiced Nuts with Dark Chocolate (Snack for 2–4)

A satisfying treat that hits all the right notes—crunchy, spiced, a touch of salt and the rich finish of dark chocolate. These roasted nuts are great for afternoon cravings, movie nights or served alongside a hot herbal brew.

Ingredients:
1 cup mixed raw nuts (almonds, walnuts, cashews)
¼ tsp smoked paprika or mild chilli powder
¼ tsp sea salt
1 tsp olive oil
30 g dark chocolate, broken into small pieces

Instructions:
Preheat oven to 180°C (355°F).
1. Toss nuts with oil, spices and salt.
2. Spread on a baking tray and roast for 10 – 12 minutes, stirring once.
3. Let cool slightly, then mix with dark chocolate pieces or cover with melted chocolate.

Pumpkin and Ginger Soup (Serves 2)

This silky, spiced soup is the ultimate winter comfort food. Roasted pumpkin blends beautifully with fresh ginger and coconut milk to create a smooth, flavourful bowl that warms you from the inside out.

Ingredients:
1 Tbsp olive oil
1 onion, chopped
2 garlic cloves, minced
1 Tbsp grated fresh ginger
600 g pumpkin, peeled and cubed
2 cups vegetable broth
½ cup coconut milk

Optional: Pinch of cinnamon or turmeric.

Instructions:
1. In a large pot, heat oil and sauté onion, garlic and ginger until soft. Add pumpkin cubes and cook for 5 minutes.
2. Pour in broth and bring to a boil, then reduce heat and simmer until pumpkin is tender (about 20 minutes).
3. Blend until smooth, stir in coconut milk and seasoning to taste. Reheat gently before serving.

Sautéed Greens with Garlic and Lemon (Serves 2)

Quick, zesty and rich in minerals, this simple side dish is a great way to include more dark leafy greens in your winter meals. It pairs well with heavier mains and supports detox and digestion.

Ingredients:
1 bunch chopped greens
1 Tbsp olive oil
2 garlic cloves, sliced
Juice of ½ lemon
Chilli flakes (optional)

Instructions:
1. Heat olive oil in a pan over medium heat.
2. Add garlic and sauté briefly.
3. Add greens and cook, stirring, until wilted.
4. Squeeze over lemon juice and serve warm.

Warm Grain Bowl with Seasonal Vegetables and Dukkah (Serves 2)

This adaptable and nourishing grain bowl is perfect for a make-ahead lunch or a vibrant dinner. A generous spoonful of hummus makes a creamy, flavour-packed addition.

Ingredients:
1 cup cooked whole grains (e.g., quinoa, farro or barley)
2 cups roasted seasonal vegetables
2 Tbsp dukkah (store-bought or homemade)
1 Tbsp lemon juice
2 Tbsp hummus

Instructions:
1. Cook whole grains according to the package instructions. For added flavour and nutrients, consider cooking them in vegetable broth. To roast vegetables, preheat oven to 200°C (390°F) and spread on a lined baking tray. Roast for 25 – 30 minutes or until tender and golden.
2. Warm both gently in a pan or oven.
3. Toss with lemon juice.
4. Divide into bowls, top with dukkah and a generous spoonful of hummus just before serving.

vegsa.org.au info@vegsa.org.au
PO Box 311, Kent Town, SA 5071
0466 972 112

VegSA Regular Events

VegSA has two regular monthly get-togethers, one at **Simply Vegan 'N' Veg** (1 at Pooraka, north of Adelaide, and one at **Great Nature** (2) at Christies Beach to the south. These are opportunities to enjoy vegetarian/vegan food, share company and ideas. Visitors are welcome at these events.

Great Nature, as well as serving home-cooked style meals has a considerable range of (all vegan) pantry supplies, frozen meals and baked goods, as well as products for special occasions.

VegSA has been meeting at Great Nature for over twenty years and currently meets for **lunch on the second Saturday each month**.

There is no need to book, but check in case of changes. See contact details below.

VegSA has a long been in need of a regular meeting place for its northern group and from March this year has had lunch on the **third Thursday of each month at Simply Vegan 'N' Veg.** As the name suggests, this is a vegetarian establishment, mainly Indian style, but with other Asian dishes available. It has the advantage of having their vegan dishes printed on a separate menu. Bookings preferred. For contact details see below.

As well the regular events at these two venues VegSA has a quarterly gathering when it puts together its newsletter "Food For Thought" ready for mailing. Members (and potential members) are invited to join us as we share the work, ideas and each others' company.

Simply Vegan 'n' Veg Shop 1 Montague Farm Shopping Centre, 2 Montague Road Pooraka p. 08 8262 1414

To book for VegSA Thursday lunch call Alice on 08 8568 5181 or Karin 0411 722 623 by the Monday before.

Great Nature Vegetarian Snacks and Groceries 3/48 Beach Road, Christies Beach p. 08 8186 5037.

In case of changes to VegSA events call the venue or VegSA: 0466 972 112 or text Su: 0468 397 219.

For VegSA's and other related events see: http://vegsa.org.au/events/
For vegetarian and vegan eateries in and around Adelaide see: http://vegsa.org.au/vegetarian-eateries/

Ahiflower: A New Plant-Based Omega-3

By Camilla Brinkworth of PhytoLove

For decades, vegans and vegetarians have faced the criticisms of not getting sufficient high-quality omega-3 fatty acids. A new plant-based omega supplement became available in Australia at the start of 2024, Ahiflower (*Buglossoides arvensis* oil).

Omega-3s

Omega-3 fatty acids are essential for brain function, heart health, joint support, inflammation reduction and immune regulation.

The three best-known forms of omega-3s are:

Alpha-linolenic acid (ALA)

Eicosapentaenoic acid (EPA)

Docosahexaenoic acid (DHA)

ALA is found in flaxseeds, chia and dark green leafy vegetables. **EPA and DHA** are found in fatty or oily fish, algae, grass-fed animal products and, to a lesser extent, in hemp seeds and some vegetables including spinach, Brussels sprouts and purslane.

Traditional vegetarian and vegan sources of omega-3s provide ALA, but conversion to EPA and DHA forms can be inefficient. This can make it harder to get the benefits of DHA and EPA from a plant-based diet.

Fish oil, the most common omega supplement, is not an option for plant-based eaters and contributes to overfishing and marine contamination. Fish and fish oil are known to be abundant sources of PCBs [Polychlorinated biphenyls, an environmentally persistent toxin known to have a variety of adverse health effects, including potential carcinogenecity], microplastics and heavy metals including mercury.

Ahiflower is a rich source of omega-3 fatty acids. Unlike flax or chia, Ahiflower contains stearidonic acid (SDA). SDA is a plant-derived omega-3 that converts to EPA four times more efficiently than flaxseed oil (See the table below for a comparison of the various conversion rates).

While hemp seeds also contain omega-3 SDA, Ahiflower contains 8 - 10 times more than hemp oil. Ahiflower also contains twice as much beneficial omega-6 GLA, and it contains a higher omega-3:omega-6 ratio compared to hemp. [EDITOR'S NOTE: The Standard Western Diet is highly unbalanced when it comes to omega fatty acid ratios, with researchers stating the average diet has around a 16 - 17:1 omega 6 to omega 3 ratio, far from the 1 - 4:1 recommended by most nutritionists. Ahiflower has a 4:1 ratio, the same as flaxseed and chia and hemp seed oil have a 3:1 ratio.]

Omega Source	Omega-3 Profile	EPA Conversion Efficiency	Contains GLA (Anti-Inflammatory)?	Sustainability
Flaxseed Oil	ALA only	Low (5-10%)	No	Sustainable
Chia Seeds	ALA only	Low (5-10%)	No	Sustainable
Hemp Seed Oil	ALA & GLA	Low	Yes (approximately half as much as Ahiflower)	Sustainable
Algae Oil	DHA & EPA		No	Sustainable but expensive
Ahiflower Oil	ALA, SDA, GLA	**30-40%**	Yes	Sustainable, scalable and regenerative

What is Ahiflower?

Ahiflower (*Buglossoides arvensis*) is a non-GMO, regeneratively grown flowering plant belonging to the Comfrey family, that produces omega-rich seeds. It is cultivated in temperate climates using sustainable farming practices that improve soil health and biodiversity.

Unlike fish-derived omega-3s, Ahiflower is a renewable, land-based source that requires minimal resources to grow. Ahiflower is so scalable and sustainable, that our entire world's current omega-3 needs could be met on only 480,000 hectares per year of regenerative-farmed land, while providing habitat for bees and butterflies. Each acre provides as much omega-rich oil as 500,000 anchovies! The seeds are refined, without the use of chemical solvents, to extract an **oil rich in SDA, ALA and GLA**, creating a balanced and bioavailable plant-based omega source.

The Science Behind Ahiflower's Superior Conversion

Studies have shown that plant-based sources of omega-3 do little to raise blood levels of DHA, leading to concerns that plant-based eaters may need DHA supplementation. However, recent research using isotope ratio analysis has challenged the assumption that preformed DHA intake is necessary, showing that the body naturally synthesises DHA in key tissues from ALA and SDA at levels that support brain health.

Ahiflower, with its high natural SDA content, provides an efficient and reliable pathway to EPA conversion and DHA tissue biosynthesis. Unlike ALA, SDA bypasses the rate-limiting enzymatic step that proceeds omega-3 conversion.

Ahiflower uniquely combines ALA, SDA and GLA, making it the only plant-based omega source that efficiently converts to EPA while providing the broadest spectrum of anti-inflammatory omegas.

About the Author: Camilla Brinkworth. Camilla is a degree-qualified naturopath, nutritionist and herbalist with a passion for sustainable living. Camilla reversed the arthritis she developed at 19 years old when she switched over to a wholefood plant-based diet, and she never looked back. Since she saw such improvements to her own health, she spreads this message as far and wide as possible.

Camilla runs a naturopathic practice and is the co-founder of PhytoLove. PhytoLove sells Ahiflower Oil supplements via www.phytolove.com.au In her spare time Camilla spends time in nature, eating amazing food with close friends and cuddling dogs.

NATURAL HEALTH NEWS

Infertility: Nutrition the Missing Link

By Caroline Guignot, 4th March 2025

Fertility rates are falling worldwide, with two-thirds of countries below the replacement level. "Fertility is a public health issue, with one in six individuals experiencing infertility," said Prof. Rachel Lévy, Faculty of Medicine, Sorbonne University, Paris France.

Sperm concentration has reportedly halved over the past 50 years, with environmental and lifestyle factors, including obesity and poor nutrition, playing significant roles.

The relationship between body mass index, diet and sperm quality is significant. The global rise in body mass index closely parallels the decline in fertility rates.

Diet directly affects spermatogenesis [the production of sperm cells]. Studies have confirmed that adherence to the Mediterranean diet improves sperm quality and fertility. Additionally, the paternal diet before conception influences DNA methylation [a process in which methyl groups are added to DNA, which can alter gene expression]. [The Natural Health way of eating is ahead of the Mediterranean diet because it is more plant-based.]

Hormonal imbalances, oxidative stress, inflammation and epigenetic factors create risks, but also "a window of opportunity to improve fertility," Prof. Lévy noted.

Clinical studies suggest that some of these negative effects may be reversible. For instance, a study reported that physical activity and a balanced diet before conception helps to normalise metabolic, hormonal and body measurements, while improving sperm quality.

"By analysing plasma levels of 13 antioxidant micronutrients, we established a 'nutrifertility score' that can differentiate between fertile and infertile individuals with more than 80 percent accuracy," she reported. These 13 micronutrients potentially enhance the chances of success in assisted reproduction.

Comprehensive interventions in a study combining dietary changes, personalised coaching and supplementation over a 15-week period have been effective in reducing rates of sperm DNA fragmentation [breaks in sperm DNA strands linked to male infertility] when compared with control groups. These findings highlight the potential for targeted nutrition to correct these imbalances and improve fertility.

Nutritional balancing with targeted supplementation, including vitamin C, vitamin E, selenium, zinc, coenzyme Q10 and omega-3 fatty acids, may be beneficial when deficiencies are found. However, any supplementation should be supervised by a healthcare professional.

The above is abridged and sub-edited from *Medscape Medical News*, Conference News, ACTRIMS 2025, 9th March 2025

Caffeine and Behavioural Issues

Among young adolescents, daily caffeine consumption exceeding 100 mg is associated with increases in conduct problems, with daytime sleepiness serving as a mediating factor. Researchers investigated the potential impact of caffeine consumption on daytime drowsiness and behavioural issues in 2633 middle-school students across 20 schools in West Virginia USA.

The students were asked to self-report their caffeine consumption, daytime sleepiness and conduct problems. Also collected was information on family management. Compared with no caffeine consumption, students consuming 100 mg or more caffeine per day was associated with increases in conduct problems.

The association between caffeine consumption and conduct problems remained significant even after allowing for multiple confounding variables. The researchers found that increases in daytime sleepiness partially mediated the effect of caffeine consumption on conduct problems. [Perhaps while sleeping, they didn't misbehave! – Sub-editor]

However, caffeine consumption of less than 100 mg caffeine was not associated with increases in daytime sleepiness or conduct problems.

"Our analyses revealed a positive association between daily caffeine consumption of 100 mg and growth in conduct problems from ages 11 – 13 years," the researchers wrote. "Our findings support the recommendation of American paediatrics and child and adolescent psychiatry authorities that children under 12 years of age should not consume caffeine." they added.

SOURCE:
Study led by Steven M. Kogan, Human Development and Family Science, University of Georgia, Athens, Georgia. *Journal of Adolescent Health*, 24th January 2025, published online. Reported in Medscape Medical News, 8th February 2025

How Natural Remedies Can Help Thyroid Disease

By Lyn Craven

Hypothyroidism, or an underactive thyroid, is becoming increasingly common. In recent months, I have met several women experiencing the most common symptoms of hypothyroidism, including: fatigue, weight gain, depression, sleep disturbances, dry skin, hair thinning or loss, brittle nails, constipation, low sex drive, menstrual irregularities, blurry vision, sensitivity to cold and memory problems.

Hashimoto's Disease and Hypothyroidism

One cause of an underactive thyroid is Hashimoto's disease, an autoimmune condition. People with Hashimoto's often have elevated thyroid peroxidase (TPO) antibodies. Some individuals may have Hashimoto's without significant thyroid dysfunction.

In Hashimoto's, the immune system attacks TPO enzymes, leading to inflammation (thyroiditis) and a gradual decline in thyroid function.

Causes of Hypothyroidism

Insufficient Thyroid Hormone Production: When the thyroid does not produce enough hormones, symptoms arise.
Chronic Stress: Stress is a major trigger for many health conditions, including thyroid dysfunction.
Genetics: Some individuals inherit thyroid disorders and require lifelong medication, either natural or conventional, for hormone balance.
Radiation Exposure: Radiologists and individuals exposed to radiation (such as those near the Chernobyl disaster in 1986) have a higher risk of thyroid disorders, including cancer.
Heavy Metal Exposure: Aluminium, cadmium, lead and mercury can disrupt thyroid function. Urban dwellers are continuously exposed to these metals through pollution and certain medications can also increase exposure.
Medication Side Effects: Some drugs interfere with thyroid and endocrine function.
Excess Iodine: While iodine is essential for thyroid health, excessive intake can trigger Hashimoto's in genetically predisposed individuals.

Conventional Treatment

Sometimes doctors do not treat initially, especially if Hashimoto's is present but thyroid hormone levels are in the normal range. So, they monitor you. Once the thyroid hormone production is affected, the following would be recommended: regular blood tests, hormone therapy and dietary changes. The recommended dietary changes are generally not comprehensive, but account for food/drug interactions. Certain foods, notably, grapefruit, soy products and iodine-containing food and supplements, can interfere with thyroid medication absorption.

Natural Remedies for Thyroid Support

Rather than focusing solely on the thyroid gland, I treat every case holistically. Natural therapies help manage thyroid function by addressing:
Stress Reduction: Chronic stress affects the endocrine system. Supporting adrenal function is crucial for thyroid balance.
Hormonal Support: Women's menstrual cycles often become erratic due to thyroid imbalances, requiring tailored herbal treatments. The herbal approach differs for post-menopausal women.
Nutritional Considerations: A balanced diet is essential for health, however, I do not believe dietary changes alone will be enough to rebalance the thyroid. Addressing deficiencies in vitamin D and iron can improve thyroid health. B12 if taken in high doses can interfere with thyroid function. Iodine deficiency can play a role, but great care must be taken when administering. I never use Lugol's Iodine, as research indicates it can oversaturate the thyroid. Vitamin C with bioflavonoids might be recommended to address inflammation.
Herbal and Homeopathic Remedies: Individualised remedies can provide significant support.
Bowen Therapy and Acupressure: Helps rebalance the nervous system and metabolism.
Meridian Therapy and Laser Acupuncture: Support energy flow and endocrine function.
Essential Oils: Based on the individual's presentation.

Case Study

Fatigue and Thyroid Imbalance: A woman in her forties struggled with extreme fatigue for over a year. Lab tests revealed deficiencies in iron, vitamin D and zinc, as well as high TSH. With supplementation and herbal support, her symptoms are improving.

Final Thoughts

Some people who self-prescribe opt for bladderwrack. I never use this herb for thyroid cases. I have spoken to people and practitioners who say the keto diet can help. This diet takes discipline and one must ensure you do not have a build-up of ketones. Personally, it does not resonate with me, but it may help for some.

Natural remedies can be highly effective for thyroid health when followed consistently. Some individuals with genetic predispositions may require lifelong support.

Lyn Craven is a practitioner of Naturopathy, Bowen Therapy, Reiki and meditation. Lyn consults in Sydney and via Skype or phone. Contact: 0403 231 804 or lyncraven@bigpond.com. Or visit www.lyncraven.com **or on Facebook @NaturopathandBowenTherapy.**

News from Dr Mercola

Probiotics Offer New Hope for Alzheimer's and Other Neurodegenerative Diseases

Neurodegenerative diseases are disorders characterised by the progressive loss of structure or function of nerve cells, leading to their eventual death. This decline disrupts brain functions, resulting in symptoms that significantly impair daily living and quality of life.

Common neuro-degenerative diseases include Alzheimer's disease, Parkinson's disease and amyotrophic lateral sclerosis (ALS). These conditions typically involve memory loss, impaired movement and difficulties with speech and coordination. As the disease advances, the sufferer may face severe cognitive and physical challenges.

Alzheimer's disease is responsible for approximately 60 percent to 70 percent of dementia cases. Parkinson's disease incidence is increasing and is expected to double by 2040. Additionally, ALS affects about two people per 100,000 in the Western world.

Probiotics – supplements of 'friendly' gut bacteria – may protect brain function through the gut-brain axis by improving gut health and reducing inflammation.

Studies show a link between gut health and cognitive function, indicating that an improved gut microbiome would enhance mental health and may reduce the inflammation associated with neurodegeneration.

Probiotics could play a role in managing Alzheimer's and Parkinson's by offering a non-invasive treatment that helps to slow or reverse cognitive decline.

Biologically, by restoring a healthy balance of gut bacteria, probiotics reduce the production of harmful substances like lipopolysaccharides (LPS) that trigger inflammation in the brain.

Abridged and sub-edited from an enewsletter by Dr Joseph Mercola, 20th March 2025

Regular Flossing Lowers Risk of Stroke and Heart Disease

Oral diseases now affect 3.5 billion people worldwide, making them among the most widespread health conditions. However, most people don't realise that poor oral hygiene is more than just a cosmetic issue – it's linked to chronic inflammation and puts us at high risk of stroke and atrial fibrillation (AFib).

The good news is that simple oral habits like flossing regularly help prevent the buildup of bad bacteria, significantly reducing the risk of these and other health problems.

Flossing is vital for heart health. A study presented at the American Stroke Association's International Conference, held in February this year, discovered that flossing at least once a week significantly reduces the risk of stroke and irregular heartbeats. It lowers the risk of ischaemic stroke by 22 percent and heart-related strokes by 44 percent. Flossing also reduces the likelihood of atrial fibrillation by 12 percent, helping to prevent the blood clots that lead to heart failure and other cardiovascular complications. (*Stroke* Volume 56, Number Suppl 1)

Flossing helps prevent the build-up of harmful bacteria that leads to periodontal disease (gum disease), which is now recognised as a contributing factor to cardiovascular disease (American Heart Association, Heart and Stroke Statistics).

In lowering systemic inflammation, regular flossing reduces cardiovascular deaths by 36 percent, with each

additional day of flossing per week decreasing the risk of dying from heart disease by six percent (*News Medical Life Sciences*, January 30, 2025).

The implications are clear – maintaining oral hygiene is more than just keeping the breath fresh. It directly affects inflammation levels in our body, which in turn impacts cardiovascular functioning.

Abridged and sub-edited by Roger French from an enewsletter by Dr Joseph Mercola, 18th March 2025

The Critical Connection between Iron Overload and Alzheimer's Disease

Alzheimer's disease is a progressive neurodegenerative disorder and the most common form of dementia. It is characterised by a gradual decline in memory, thinking ability and cognitive function.

Iron is essential for our energy levels. It plays a well-known role in the transport of oxygen throughout the body. But iron also plays a complex – and somewhat surprising – role in the brain. Just like so many other factors in health, balance is the key. Too little iron leaves us feeling tired and sluggish, but too much iron, especially in the brain, can be very harmful.

As we get older, iron tends to accumulate gradually in our brain. Scientists have revealed that this 'brain rust' is linked to significant brain health issues that become more common as we age. Researchers have found a strong connection between iron build-up in the brain and Alzheimer's disease.

The brain needs iron to function. It is a remarkably hungry organ, constantly working and demanding a lot of energy, which requires a steady supply of iron.

We obtain iron from our food, including legumes, nuts, sunflower seeds, parsley, English spinach and other green leafy vegetables [and red meat in a meat-based diet]. [It is useful to note that the iron in red meat is mostly in the form of *haem* iron which is absorbed whether we need it or not. In contrast the iron in plant foods is non-haem iron which is passed from the body if we don't need it.]

This dietary iron is transported via the bloodstream to the brain, crossing the 'blood-brain barrier', to enter the brain cells.

As we age, if the intake of iron is high, excess iron can accumulate in the brain, since the body has no way to eliminate it except through blood loss.

Iron overload is a significant concern for brain health – imagine delicate brain cells slowly becoming clogged up with iron molecules. Studies have found that there is a direct link between iron build-up and Alzheimer's disease – the greater the build-up, the more severe the cognitive decline.

There are specific proteins within the brain that are involved in Alzheimer's disease, namely, amyloid precursor protein (APP) and tau protein. These normally perform important jobs that keep the brain healthy. However, in Alzheimer's disease, these essential proteins create tangles and plaques associated with disrupted brain function.

These abnormal malfunctioning APP and tau proteins are double trouble in that the excessive accumulation of them actively contributes to unwanted iron build-up in the brain.

Adding to the problem, the increased iron further worsens nerve cell loss, creating a vicious circle. It's like a snowball effect rolling downhill – each problem makes the other one progressively worse, driving the disease further and faster.

Brain nerve cells are especially susceptible to 'rusting' because they have a high content of fats, particularly the polyunsaturated fats, DHA (docosahexaenoic acid) and arachidonic acid (AA). These highly unsaturated fats are vulnerable to oxidation causing the brain cells to become damaged and eventually die. When large numbers of neurons begin to die, as seen in Alzheimer's and other neurodegenerative diseases, it leads to a range of debilitating symptoms, including memory loss, cognitive decline and difficulties with movement and coordination.

It's important to understand that this link between iron and brain cell damage isn't limited to Alzheimer's disease; it also plays a significant role in the development of other serious brain diseases, including Parkinson's and Huntington's disease.

Iron overload also leads to body-wide health harm, due to generating damaging free radicals. It increases the risk of cancer, type 2 diabetes, osteoarthritis, compromised bone strength and fracture susceptibility and compromises mitochondrial function. The last of these is at the heart of most chronic degenerative diseases along with DNA damage.

It is vital to test your iron levels regularly. A straightforward blood test, known as a *serum ferritin test*, provides valuable insights into your iron status.

Abridged and sub-edited by Roger French from an enewsletter by Dr Joseph Mercola, 17th March 2025

Transform your wellbeing this winter with "Lifestyle - Hopewood's Recipe for Wellbeing."

Hopewood
Established 1960

This treasure trove, brimming with over 100 mouth-watering vegetarian recipes and 300+ pages of holistic health wisdom, is your go-to guide for embracing a natural, vibrant lifestyle.

Share the gift of health with a friend and double the inspiration!

WINTER Special

BUY ONE GET ONE FREE!

$15.00 (inc P&H)

Ready to make a change? Dive into the world of Hopewood and begin your journey toward a healthier, happier you today!

Coupon code: **WINTERBOGO**

hopewoodlifestyle.com.au

Winter wellness: How creativity fuels health and happiness

By Hopewood Lifestyle

Winter often inspires a quiet sense of reflection, as the world slows down and wraps itself in a blanket of cold. While this season has its charm, it also brings challenges. Winter can also mean shorter days, reduced physical activity and even feelings of isolation. To combat the winter blues and stay energised, creativity emerges as an unexpected yet powerful ally for overall health and wellbeing.

Engaging in creative activities provides a unique escape from the pressures of daily life. Whether you're painting a snowy landscape, crocheting a cosy blanket, or writing poetry by the fire, creative pursuits invite mindfulness and focus, helping to ease stress and boost mental clarity.

The act of creating allows you to immerse yourself in a flow state. Flow state is where time slips away and you become deeply engrossed in an activity. It can provide a sense of calm and accomplishment.

Beyond individual benefits, creativity also fosters connection. Joining a pottery class, attending a craft workshop, or simply baking cookies with loved ones can transform moments of solitude into opportunities for bonding. These shared activities combat winter's isolating tendencies by building social networks and celebrating community spirit.

Creative endeavours can also boost your physical health. Dance and movement activities, for example, combine exercise with self-expression, while crafting projects stimulate fine motor skills. Cooking, especially with seasonal ingredients, promotes nourishment and creativity – a delicious dual benefit that can keep you active and fulfilled indoors.

Winter itself becomes an endless source of inspiration for creative minds. Its themes, of cosiness, introspection and renewal, can guide your projects, whether it's knitting scarves in rich, warming tones or journaling reflections inspired by frosty mornings. Even the stillness of the season offers a canvas for storytelling and growth.

As winter settles in, seize the opportunity to embrace your creative side. These activities not only combat seasonal challenges but also nurture your health, happiness and connection to the world around you. By allowing creativity to thrive, you'll discover a renewed sense of wellbeing – even during the coldest months.

Now is the perfect time to feel great by adopting and maintaining a healthy lifestyle.

If you enjoyed this article, then you're sure to love Hopewood's book ***Lifestyle – Hopewood's recipe for wellbeing***.

This limited-edition coffee-table styled book features abundant natural health wisdom that can help you achieve optimum health this winter! And it has over 100 mouth-wateringly delicious vegetarian recipes with 270+ pages designed to inspire readers to eat, move, heal and nurture their bodies naturally. Get your copy today.

News from Dr Greger

Fasting for Autoimmune Diseases

Fasting has shown potential benefits for various autoimmune diseases, including lupus, multiple sclerosis and mixed connective-tissue disease.

Fasting has the strongest evidence for treating rheumatoid arthritis, with some evidence of benefits for osteoarthritis. But more robust, randomised controlled trials are needed to confirm these findings. [However, the experience at Hopewood Health Retreat with hundreds of cases did confirm the benefits of fasting for both rheumatoid arthritis and osteoarthritis. – Roger French]

After fasting, many individuals maintained their symptom-free state by adopting a totally plant-based diet, indicating the importance of long-term dietary improvements in sustaining the benefits of fasting.

Conditions like fibromyalgia, ankylosing spondylitis and chronic urticaria have also shown improvement with fasting, and again, maintaining the benefits requires continued dietary improvement.

Fasting should be done under professional supervision in order to monitor kidney function and electrolytes and ensure the safety and effectiveness of the regimen. Fasting is not regarded as a 'cure' but is a way to activate the body's self-healing mechanisms [which, when properly conducted, it does very effectively. – Roger French]

Plant-Based Eating to Reverse Heart Failure

An entire issue of a cardiology journal has been dedicated to plant-based nutrition. It explores the role an evidence-based diet can play in reversing congestive heart failure. The journal is: *J Geriatr Cardiol.* 2017 May;14(5):316. doi: 10.11909/j.issn.1671-5411.2017.05.001. 'A plant-based diet and cardiovascular disease' special issue. By Kim Allan Williams

It is a hopeful sign of the times when an entire issue of an orthodox cardiology journal is not just dedicated to nutrition, but to a plant-based diet in particular. Dr Kim Williams, past president of the American College of Cardiology, starts his editorial with a quote attributed to the philosopher Arthur Schopenhauer: "All truth passes through three stages. First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as being self-evident."

Dr Williams continues, "The truth (that is, evidence) for the benefits of plant-based nutrition continues to mount. We've got the evidence. The problem is the inertia, culture, habit and widespread marketing of unhealthy foods… Based on what we already know in the existing medical literature, plant-based nutrition … clearly represents the single most important, yet under-utilised, opportunity to reverse the pending obesity and diabetes-induced epidemic of morbidity and mortality (meaning disease and death)."

Several case studies highlight remarkable health improvements in patients who switched to a whole food, plant-based diet, including reversing severe heart disease symptoms and diabetes.

After their improvement, some patients reverted to the diets that contributed to their heart disease in the first place and went on to have further progression of their disease.

We've known for more than three decades that lifestyle changes alone can reverse the progression of heart disease in 82 percent of patients – without drugs or surgery.

Challenges remain in promoting plant-based diets, including patient resistance and misinformation. Strategies are needed for healthcare practitioners to actively support and educate patients about the benefits of a plant-based diet.

Knee Replacement?

Weight loss through a healthy, plant-based diet may be a non-surgical alternative to knee replacement surgery, with only beneficial side effects, including lowered cholesterol, reduced inflammation and improved joint function.

Obesity is a significant modifiable risk factor for osteoarthritis, with both mechanical strain on joints and obesity-related inflammation contributing to disease progression.

Elevated cholesterol levels may worsen osteoarthritis by aggravating inflammation in the joints, making cholesterol management important in treating the disease.

A plant-based diet may help prevent or treat osteoarthritis by reducing cholesterol levels, which can decrease joint inflammation.

Knee replacement surgery carries risks, including a small but significant mortality rate (one in 200 within 90 days), and one in five patients are unsatisfied with the outcome. Weight loss may provide similar benefits without these risks.

Natural Health Society Shop

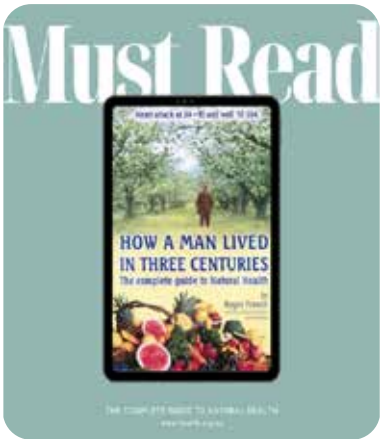
QUOTED PRODUCT PRICES DO NOT INCLUDE POSTAGE

POSTAGE IS $14.95 FOR 1 PRODUCT, ADDITIONAL ITEMS COST AN ADDITIONAL $5 FOR POSTAGE ie. 2 items = $19.95 postage, 3 items $24.95

Start your journey to true health. Join the Natural Health Society and receive 4 copies of True Natural Health per year & member discounts.
Visit www.health.org.au
to become a member

Membership (auto-renews) $59
1 year subscription $63

Concession membership (auto-renews) $49
1 year subscription $53



***How A Man Lived In Three Centuries*, By Roger French.**
RRP $30
Member price $20 PLUS POSTAGE
This book is designed to give you a complete overview of Natural Health Principles and how to implement them.

Support your eye health and get a great night's sleep with these optometrist endorsed products

ADULT FIT-OVERS Red-light fit-overs (they go over any glasses) and are great for sleep, melatonin production, the body clock etc. These red fit-overs provide superior blue-light blocking and reduce illumination, making them ideal for night time. The red-light fitovers also have a stronger frame than the amber fitovers. **Member price $119** (Plus postage)

ADULT FIT-OVERS Yellow lens with multicoat and extra blue-light filter.
Member price $45 (Plus postage)

UNISEX ADULT GLASSES Non-prescription, clear hard-coat multicoat blue-light filter. These stylish blue-light glasses look just like prescription glasses.
Member price $85 (Plus postage)

PINHOLE GLASSES

Pinhole glasses are designed for natural vision training and improvement. These glasses can assist with both distance and near vision, but should not be used during driving. Each pair comes with a case, instructions and extra eye exercises and are a one-size-fits-all.
MEMBER PRICE $45 (Plus postage)

RED LIGHT THERAPY PAD MEMBER PRICE $85 (Plus postage)
This easy-to-use red and infra-red light therapy belt pad is great for soothing muscle aches and pains - for back, arms, legs, neck, waist and shoulders. It comes with an adjustable strap. It helps with cellular repair, blood flow and boosting mitochondrial function for healing.

Detoxification Foot Patches

MEMBER SALE
10 for $20 or
30 for $50
(Plus postage)

These high-quality pads are impregnated with Traditional Chinese herbs. Place on the soles of your feet for best detoxification.

OUR BANK DETAILS HAVE CHANGED: For any deposits please use the following details and don't forget to include your name in the description.
BSB 082-356
Acc 768 111 461
If you have recently made a deposit to our old account details, don't worry those are still active for now.

Roger French
NHSA Patron

Bianca James
Author of 'Poo Power'

Candace Coughlan
Wise Health Hub

And special guest Contessa Hajinikitas
of the 12-minute mind reset.

Natural Health Society of Australia Annual Seminar July 26

Join us at the SMSA Building in Sydney's CBD for our 2025 Seminar.
Between talks we will serve a yummy vegan lunch and have exclusive seminar specials available.

Early bird tickets available. Registration before the day is essential.
To register, visit www.health.org.au or call 0432 396 701.