



Spring 2021

True Natural Health

The Magazine of the Natural Health Society of Australia

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Most past populations were disease-free



Coronavirus – helpful guidance
Experts warning on fluoridation
Fungal rashes in groin
Recipes for spring

Oldest/older Aussie man & woman
Manuka honey – nature's antibiotic
Happy feet – how to care for feet
Healthy bowel habits – how often?

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The leading article in this issue is a sequel to my leading article in the Winter issue, 'Germs cannot and do not attack [genuinely] healthy tissue'. The evidence from past ('primitive') populations shows that we humans are not helpless victims waiting for pathogenic microorganisms to strike us down at random. Rather, our vulnerability to infectious diseases is entirely in our own hands.

As for the usual protest that the disease-free populations must have had lucky genes, they didn't. Over and over again, we have seen evidence that when these peoples adopt our Western lifestyle, they become vulnerable to the same Pandora's box of infectious and degenerative diseases.

The regular column by Dr Greg Fitzgerald spells out (with conviction!) just how and why we can make ourselves non-vulnerable (pages 24 and 25).

Part of the reason that Western health has got into a mess is explained by the co-owners of What Doctors Don't Tell You (page 6). In 'How 'scientific' medicine came into being', they show that chasing profits led to one 'advance' after another until the natural therapies which were originally the foundation of medical practice were replaced by toxic drugs – along with medical practitioners being taught to dismiss those natural therapies as 'unscientific' and 'quackery'.

A subject not discussed at the dinner table is how often we should go to the loo (for a bowel motion, that is). The answer is divulged by the wholistic Dr Michael Greger (page 16), and we commence a series on gut health in general, written by Robyn Chuter, the esteemed Natural Health researcher and naturopath (page 18).

If you are one of the many people considering having the vaccination for whatever reason, you can make yourself as well as possible in preparation. See our message on page 15.

Also of great interest in this age of bacteria with antibiotic resistance is the very special Manuka honey. (pages 20, 21 and 10 and 11). Definitely worth reading, so as to have this amazing 'weapon' up your sleeve in case it's ever needed.

Although I wish that we could get away from the issue of the coronavirus and its disease, COVID-19, there is so much useful new information coming out that we have felt it worthwhile to devote a chunk of space to it (pages 28 to 32).

I hope you enjoy the reading,

Roger French,
Health Director
and Editor



About 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. Recognising that prevention is far better than cure, the Society's objective is to explain how best to achieve genuine long-term health and wellbeing, using drug-free self-help methods as far as practicable. The result can be greater enjoyment of life and enhanced peace of mind.

Natural Health guidelines have been influenced by the experience gained at the now closed Hopewood Health Retreat at Wallacia, NSW, which was owned by the Australian Youth and Health Foundation. The Foundation is a registered charitable organisation and the founder of both the Society and Hopewood.

Subscribers to the Society receive:

- * 4 issues a year of our vital magazine, *True Natural Health*;
- * The option of online subscription;

- * Discounts on selected juicers and other health products;
- * Discounts at our seminars and webinars.

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0400 029 624

Acknowledgement

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

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PAST POPULATIONS LIVING NATURALLY WERE DISEASE FREE

Populations isolated from the Western world were essentially unaffected by viruses, bacteria or degenerative illnesses, providing striking examples of how to care for ourselves in this current coronavirus pandemic.



By Roger French, Health Director, NHS

In Australia and the rest of the Western world today, we are told that old age causes disease and that where illness occurs in younger ages, the cause is assumed to be a defect in the human body or bad luck or doctors just don't know.

Currently the most pertinent example is **coronavirus disease 2019 (COVID-19)**. From the Chief Health Officers down, we are told that if we become infected with the coronavirus (SARS-CoV-2), we are in danger of becoming seriously ill and there is nothing we can do about it (other than the medical procedure of vaccination).

Nothing could be further from the truth.

About 40 – 50 years ago, a group of medical 'ecologists' (scientists) concluded that in modern Australia, virtually all illnesses are diseases of civilisation and that genuinely inherited disease is very rare.

This is actually very good news, because it means that we don't need to look forward to old age plagued by numerous illnesses. We have the ability to keep ourselves as healthy and disease-free as we wish – that is, within reason, personal circumstances permitting.

In the development of the lifestyle that we call 'Natural Health', the early researchers/practitioners developed a number of basic

principles, the first three of which are hugely significant:

1. Good health is the normal condition of the human body and mind and should continue from birth until death. Illness and premature ageing will not occur unless their causes are built into our everyday lifestyle.

2. Broadly speaking, infectious disease is not primarily an attack on the body by some foreign agent, most commonly a bacteria or virus. Rather it's the body's defences at work attempting to preserve the status quo of good health. [The common cold is the classic example; the coronavirus is another.]

3. The human body, given the right conditions, is an efficient self-healing organism. We all know that a cut on the skin will heal, but what about damage to internal organs? They have just the same ability to heal.

All this means that we have the ability to essentially enjoy life, illness-free, provided we are willing to practise the lifestyle advocated by the Natural Health Society. This is centred around what we put in our mouths in terms of food and drink, having regular physical activity, minimising exposure to toxic man-made chemicals, practising techniques to handle stress

and obtaining vitamin D (safely) from sunshine.

In short, we can aim to die young, but at a very ripe old age.

For proof that these principles work in practice, we only need to look at 'primitive' populations which did not have the typical Western lifestyle.

Primitive peoples, that is, peoples isolated from the West, not savage, that were studied before Western influence reached them, include the Hunzas living in the foothills of the Himalayas in northern Pakistan, the Georgians, Azerbaijanis and Abkhazians near Russia and the Vilcabambans in Ecuador. All these populations had exceptional longevity – with a good number of centenarians – and relative freedom from disease.

They all consumed a lot of fresh fruits and vegetables and tended towards lacto-ovo-vegetarian eating. They had plenty of physical activity, breathed pure mountain air and lived in close-knit communities where social isolation and loneliness were virtually unknown.

In more recent years, also well studied were rural Chinese people, Okinawan islanders in Japan, Pacific Islanders and the Tarahumaras in Mexico.

Hunza People

Hunzaland was totally isolated from the Western world until just prior to 1920 when visited and studied by a British medical practitioner and researcher, Dr Robert McCarrison, who was eventually knighted for his work with these people.

Dr McCarrison found that the Hunza people exhibited perfect mental and physical health, with many of the population living to over 100 years of age or even possibly to 150. Men at 90 years of age were known to have fathered children, while women at the age of 80 looked like Western women of 40, retaining beautiful complexions. Sickness was rare. Virtually unknown were ulcers, appendicitis, colitis, high blood pressure or heart disease. In the entire population of around 20,000 people, it appears that there was not a single case of cancer.

Childhood diseases were almost non-existent and the children's teeth were white and perfect, with healthy gums. They had beautiful skins free of pimples or other blemishes.

The men regularly played vigorous games including volleyball and polo. The younger men, aged 16 to 50, would play against the elders, who were all over 70. As the Mir (King) said, "The men of 100 felt no more fatigue than the men of 20."

They lived on fresh vegetables, fresh fruits, dried fruits, legumes, whole-grain foods and goats' cheese and butter. Meat was eaten only on ceremonial occasions, so it was a rarity in the diet. They did indulge in a strong grape wine. Everything was organically grown on mineral-rich soils.

In their way of life there was no refined sugar, no pasteurisation of milk, no hydrogenation of oil, no chemical fertilisers, no chlorination or fluoridation of drinking water and no vaccination.

Needless to say, there were no obese people in Hunzaland.

Sir Robert McCarrison later wrote that he had been amazed that, although the Hunzas were surrounded on all sides by peoples afflicted with many kinds of degenerative and infectious diseases, they still did not contract any of them.

It is striking that the Hunzas and other long-living peoples had a major thing in common – their calorie intakes were just above subsistence level. They had enough energy in their diets, but not too much. This was the result of including plenty of food from the plant kingdom and consuming no refined carbohydrates or other highly processed foods.

The Georgians

About 20,000 centenarians lived in the republic of Georgia in the 1960s, according to the Soviet Institute of Gerontology. In one city, all the council members were over 100. They fathered children at age 90 or 100, tended animals at 120 and some lived to 150. [Assuming that the Institute used reliable evidence.]

The Georgians lived physically vigorous lives and played a ferocious version of polo. 'Early to bed and early to rise' gave them ample rest and sleep. They were highly intelligent and emotionally stable.

Their smoking and light drinking of alcohol were more than compensated for by a high intake of fresh fruit and vegetables and maize, flavoured with garlic, pepper and spices.

The People of Azerbaijan

In the neighbouring state of Azerbaijan, in the 1960s there were also around 20,000 centenarians, with one man having reached 169 years, according to the Academy of Science in the USSR. He had worked for 150 years and never had a day's sickness in his life, having eaten sparingly, mostly vegetables and fruits.

The Abkhazians

Living in the same region, the Abkhazians' life expectancy was over 100 for both sexes, with some living to 120, 130 and even 150. They never retired from work, even at 100. While ever they remained in isolation from Western influence, there was no evidence of cancer in any of the population.

They definitely did not overeat, consuming one quarter less calories than workers in Moscow. As with other isolated populations, their fruits and vegetables were grown without artificial fertilisers or toxic chemicals, and they ate cornmeal rather than wheat. Their meat was free-range and they made buttermilk from unpasteurised goats' milk and used large quantities of garlic – nature's 'antibiotic'. Instead of sugary sweets, they nibbled sunflower seeds.

The People of Vilcabamba Valley

Similarly to Hunzaland, this isolated and fertile valley in Ecuador appeared to be another Shangri-la early in the 1900s. Again, there was a good number of centenarians.

The Vilcabambans' health and longevity were superior to that of the rest of Ecuador and far superior to that of the industrial nations. High blood pressure, heart disease and cancer were extremely rare.

The diet of the Vilcabambans was largely plant-based and low calorie, averaging 1,500 to 1,700 calories daily for an adult. They ate fruits and vegetables freshly picked, accompanied by whole grains, seeds and nuts. They drank herb tea and locally distilled rum and also smoked. These vices were more than compensated for by their low-calorie, organic, uncontaminated, plant-based diet.

Revealing Studies of 'Primitives' Versus 'Moderns'

In the 1930s, an American dentist, Dr Weston A. Price, conducted nine years of research around the world, comparing the health of peoples living the way they had done for thousands of years with the health of peoples consuming modern Western diets. His findings were published in a book entitled *Nutrition and Physical Degeneration*, first published by Keats Publishing Inc. in 1939.

Dr Price found that the 'primitive' peoples eating natural diets of fresh, whole foods that were free of refined foods, salt and other additives – had strikingly good teeth, jaws and health generally. Their teeth were beautiful and white, and decay was almost unknown. They had admirable physiques with splendidly built bodies.

They also had high levels of immunity to most diseases.

The diets of the primitive societies collectively included fresh vegetables and fruits, whole grains and protein foods in the form of nuts, other plant sources and animal sources.

In stark contrast, Dr Price found that for people consuming imported processed foods, their dental, physical and mental health went to pieces. Tooth decay became rampant and dental conditions were extremely bad.

There was also deterioration in physical condition. Dr Price described some individuals as "sad wreckages in physique" and said that, in general, facial and bodily beauty had been destroyed.

Susceptibility to all types of disease also increased. In every instance where the diet changed to processed foods, there was an early loss of the resistance to disease, and infectious diseases began to cause serious harm, in some cases children dying of tuberculosis.

Worse still, a portion of the modernised group also had personality disturbances, the most common of which was mental backwardness. Children's intelligence was generally lower than in the isolated group and they readily developed inferiority complexes as a result. Some of these backward individuals later exhibited delinquent behaviour.

Pacific Islanders

The lessons of the Hunzas and other 'primitive' peoples seem a bit remote, but their experience has been replicated recently right on our doorstep.

In the Pacific Islanders, wherever our modern, Western way of living has been adopted, there is now an 'epidemic' of degenerative diseases. This was observed in 1978 by Professor Paul Zimmet of Monash University, who later became President of the International Diabetic Association.

"Diabetes, high blood pressure, obesity and heart disease are now reaching epidemic proportions in the urbanised populations," he wrote. "These diseases had previously been unknown in the area and were still unknown in the islands where the traditional diet and way of life has been retained."

This illustrates an amazing phenomenon. We modernised peoples can put a man on the moon, but we don't widely recognise that with the right lifestyles we can remain well in body and mind and be able to enjoy life to the full.

The 'Grande Prix' China Study

The most comprehensive nutritional study of all time was a 20-year study conducted by Professor T. Colin Campbell, Professor Emeritus of Nutritional Biochemistry at Cornell University in the United States. It looked at the association between food and degenerative disease in 6,500 adults living in 65 counties across China. The findings were published in a book entitled, *The China Study*, Benbella Books Texas, 2005.

A momentous finding was that the people who ate the most animal-based foods developed the most chronic diseases. Even relatively small intakes were associated with adverse effects. In contrast, people who ate the most plant-based foods were the healthiest and tended to be free of chronic disease.

Prof. Campbell's major conclusion is that we could prevent or cure most disease (heart disease, cancer, diabetes, autoimmune diseases, bone, kidney, eye and other diseases) by eating a whole-foods plant-based diet, drastically reducing our protein intake and avoiding meat and dairy products entirely.

Although the 20-year study did not focus on infectious diseases, the fact that the rural Chinese people were remarkably healthy suggests that these illnesses were, like degenerative diseases, also rare.

The Healthiest and Longest-Living People in the modern World

In year 2000, there were more centenarians in the Okinawa islands, south-west of Japan, than in any other population on the planet, which was roughly four times the rate for Australia. Gerontologists, Dr Bradley Willcox, Dr Craig Willcox and Dr Makoto Suzuki, conducted *The Okinawa Study*, which ran for 25 years.

They found the centenarians to be in extraordinarily good shape. They were lean, youthful-looking, energetic and relatively free of the health problems that we associate with ageing. They had remarkably low rates of heart disease, cancer and Alzheimer's disease. Diabetes and high blood pressure were rare and their bones were strong. They had no words for retirement or menopause, and prostate and breast cancer were virtually non-existent.

The Okinawan people consumed far fewer calories than most Westerners – about one third less than the average in Australia.

Their diet consisted of approximately 80% plant-based foods and 20% animal-based foods. The Okinawans consumed a lot of vegetables and fresh fruits; purple sweet potato; whole grains, mainly brown rice and whole wheat; protein mainly from legumes, mostly soya products, and fish (typically, protein was only 10% of total calories); and a lot of jasmine tea.

Contrasting this diet with the Australian diet, the researchers wrote, "If you take a typical meal in Australia, three-quarters of the plate is a chunk of meat – that Aussie steak – and you have this tiny little salad. It should be the other way around."

The centenarians practised a model lifestyle. They had regular exercise, didn't smoke and drank alcohol only in moderation.

Are the Okinawans genetically lucky? Researchers found that Okinawans who moved away from their homeland or adopted a Western diet and lifestyle (as some now do), suffer the same health problems as we do, so the superior health of the traditional Okinawans was not genetic, it was lifestyle.

The Tarahumara Tribe of Mexico

This is a population of 90,000 people located in the Sierra Tarahumara region of Mexico.

The people of this indigenous tribe call themselves 'the running people'. They are quick and agile because the rocky region they occupy makes endurance running an obligation. When they competed in

the Olympics in 1992 and 1994, the Tarahumara runners not only passed the other runners, but were not out of breath at the end of the race. The man who won in 1992 was 52 years of age.

Such a great running ability reflects great health, which is what they are known for. A *National Geographic* study found that almost non-existent were diabetes, vascular disease and colorectal cancer. A 1991 study, published in the *New England Journal of Medicine*, revealed an absence of high blood pressure and heart disease and low levels of total cholesterol and LDL cholesterol.

The Tarahumara do not eat a lot of animal products. The *American Journal of Clinical Nutrition* in a 1979 issue reported that their diet centred on vegetarian food, mainly lots of beans, squash, chili peppers and wild greens.

They drink alcohol in the form of Tesgüino, made from fermented corn with an alcoholic content comparable to beer, but very nutritious.

In his book, *Born to Run*, Christopher McDougall describes the Tarahumara as "Perhaps the healthiest and most serene people on earth and the greatest runners of all time".

Conclusion

This large number of isolated peoples demonstrates beyond any doubt that when the human body and mind are provided with the lifestyle conditions for which they are designed, they function virtually perfectly. There is a high level of wellbeing, fitness and harmony and an almost complete absence of disease, both infectious and degenerative.

Relating this to the current coronavirus pandemic provides us with the reassurance that if we adopt ways of eating and lifestyles along similar lines to these isolated peoples, we can expect somewhat similar results. But not matching results, because, unlike them, we live in a world of mineral-depleted soils, widespread toxic man-made chemical pollution and the likelihood of frequent emotional stress.

Nevertheless, in view of the fact that almost half of the current coronavirus-infected individuals are illness-free indicates that we should be able to put ourselves in this category using the knowledge provided by these past populations and spelled out by the Society – which is just another application of why the Natural Health Society was founded 60 years ago.

Source of population details: *How a Man Lived in Three Centuries* by Roger French

A couple of high-age achievers in Australia



Tasmanian Chloe Duncan Reaches 109

Being happy, says Chloe Duncan, has been the secret to her long life. And she must have had a lot of happiness to reach such a laudable age – at 109 she may be the oldest person in Tasmania.

Chloe was born in 1911 in Launceston, north-east Tasmania, and had five brothers and sisters. She has lived through two world wars and the Great Depression. She married in 1928, but lost her husband about 40 years ago.

It was not until 2018 that she found it necessary to move into an aged-care home, Aldersgate Village in Newnham in Tasmania.

In her own home, Chloe loved her garden and loved the veggies she grew there. According to her daughter, "It's her veggies that have kept her going all these years".

She used to enjoy shopping and writing poetry. In her younger days, she loved dancing and was taught ballet; she had kept active.

Normally Chloe would be surrounded by family for her birthday, but this year she was allowed only five members due to coronavirus restrictions. And for the past two months, she has only been allowed one visit by one daughter.

Her daughter said that Chloe loves life, which fits in with her belief that happiness is the secret to a long life.

Dexter Kruger, Australia's oldest man

At least, he was at the time of composing this item, but died on 21st July 2021, aged 111 and six months, after a brief illness. Dexter is believed to be Australia's oldest man on record.

Born on 13th January 13, 1910, before the age of telephones or refrigeration, Mr Kruger has also lived through two world wars and the Great Depression, along with droughts.

Part veterinary surgeon and part grazier, Dexter wrote poetry and books during his life on the land near the outback town of Roma in Queensland. He didn't retire from his cattle property until around age 95

Dexter attributes his longevity to the simple lifestyle you can have in the bush. "I lived very close to nature and I ate mostly what I grew in the garden or the orchard or the farm," he said from his aged-care home.

Mr Kruger's son said that his father lived through a period that was a lot less stressful than what society is faced with today. His diet was balanced and his system wasn't worn out trying to process junk food. He had always been active and had never smoked or drunk alcohol.

Dexter followed a morning exercise regime and spent time in sunshine for vitamin D. Prior to his death, he was writing an autobiography.

The manager at the aged-care home gave a glowing account of Mr Kruger's health. She said that he was in better health than others in their 80s and 90s. He had a sharp mind, amazing memory and unbelievable cognitive functioning. But what stands out is his strength of character and a positive mental attitude. He sets goals and they keep him going.

Across Australia, the number of people living beyond 100 years is at record highs.

There are more than 6,000 centenarians currently living in Australia, according to the Bureau of Statistics.

Source: ABC© 2020 Australian Broadcasting Corporation.



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How 'scientific' medicine came into being

Bryan Hubbard, Journalist with *What Doctors Don't Tell You*, 30th Mar 2021

In 1959, the English scientist and writer, C. P. Snow, famously delineated the disparate worlds of the arts and sciences as 'the two cultures'. Each had its own language and reference points, and the world was the poorer for their separation.

Medicine, too, has its two cultures, and they have come into stark contrast by the response to the COVID-19 epidemic. 'Natural' remedies, such as high-dose vitamin C and D as preventatives and cures, have not been generally adopted in intensive care units, but instead have been dismissed as unproven or unscientific.

This view has been supported by studies that have been set up to fail. And one study that did demonstrate success – it reported that vitamin D reduced the number needing intensive care treatment by as much as 60 percent and halved the number of COVID deaths – has been removed from the web pages of *The Lancet* medical journal after editors received complaints.

Most studies into nutritional therapies show little or no effect, and it's usually down to the ignorance of the researchers (to put it as kindly as we can) about nutritional medicine and its effects on the body. Small doses far below therapeutic levels are used, or the vitamin is applied incorrectly.

My mother's end-stage breast cancer was reversed in three months by high-dose vitamin C given intravenously – and yet studies couldn't replicate that success. Why? It was eventually discovered that researchers were giving doses orally that were too low, a formula for failure.

But go back to the start of the twentieth century and you'll see medicine was one culture. Homeopathy was the main medical system in the US, and most studies being published explored the effectiveness of vitamins and herbs. More than half of doctors were practising wholistic healing, and the medicine we



recognise today was restricted to a few vaccines (such as for smallpox), surgery and some potions.

The revolution that would cause the schism in medicine didn't come from doctors, researchers or even patients, but from the petrochemical industry. It was in its infancy when the twentieth century dawned, but it was already discovering marvellous things that the chemical offshoots from oil could create.

The first plastic, Bakelite, was developed in 1907, and scientists were beginning to play with the possibility of developing pharmaceutical drugs from oil.

This brave new world was of special interest to John D. Rockefeller, who controlled 90 percent of oil refineries in the US through his company, Standard Oil. Already a billionaire, Rockefeller saw opportunities in the wonderful new things that petrochemicals could create.

But to accommodate the large-scale manufacturing of drugs, Rockefeller realised he needed to put medicine on a 'scientific' footing – that is, all people are the same and so experience illnesses in similar ways, and therefore the same medication can be prescribed to everyone. Welcome to the world of mass production, another industrial innovation of the era.

Rockefeller just needed proof that the model was true. To achieve that, medicine needed to become a science and less an art, in order to produce pills for the masses.

Rockefeller employed Abraham Flexner – who was on a quest to create consistent standards in the education system – to

do the same for medical colleges, half of which were still teaching natural and wholistic medicine.

Flexner was impressed by the scientific rigor of the medical schools in Germany and advocated that something similar be created in the US. 'Scientific'-based medical training would eventually be adopted around the world, spurred on by Rockefeller's magnanimous grants to fund new programs.

Research centres were also funded to isolate the active ingredients in plants and replicate their chemical signatures, which could then be patented. As part of the scientific drive, the American Medical Association was established to uphold 'good science.'

Paradoxically, it was headed by a homeopath, even though homeopathy and natural medicine were now mocked as quackery. Some who continued to practise the 'old medicine' even ended up in jail. To this day, nutrition is taught for around nine hours at medical school, and alternative medicine not at all.

The mantra of Rockefeller's day, "A pill for an ill," still holds true now, and doctors have been taught to apply the knee-jerk responses of 'quackery' and 'unscientific' to anything they haven't been taught at medical school.

So the two cultures of medicine were created, and co-exist today. And as C. P. Snow discovered, the patient is the poorer for the divide.

TEN THINGS MONEY CANNOT BUY

By Nicky Gumbel

Love
Faith
Trust

Integrity
Respect
Wisdom

Character
Peace

Compassion
Forgiveness

Nothing fishy about **GreenOMEGA 3**... the vegan alternative to fish oil



Did you know... that fish get their Omega 3 fatty acids from the natural marine microalgae they eat?

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* IFFO Fishmeal and Fish Oil Statistical Yearbook 2016

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A Growing Chorus of Experts Warning About Fluoridation

8th December 2020

Since the start of fluoridation in the USA in the 1950's, many independent scientists have voiced their reservations about the safety of dosing everyone in a community with fluoride compounds. This early opposition culminated in an official statement from the US Environmental Protection Agency's employees' union, representing approximately 1,500 scientists, lawyers and engineers in Washington, DC, calling for a moratorium.

Around the same time, Paul Connett and other co-founders of the Fluoride Action Network (FAN) set out to educate independent scientists and medical professionals about the dangers of fluoridation, and recruit them to speak publicly in opposition to the practice. These efforts led to over 4,000 professionals, including hundreds of doctors and dentists, signing FAN's *Professionals Statement Against Fluoridation*.

These recruitment efforts have continued and our professional network has continued to expand. This expansion has accelerated since 2017 with the publication of NIH-funded studies on fluoride's neurotoxicity [nerve toxicity] [NIH is National Institutes of Health]. Now more and more prominent scientists and officials are speaking out and we have summarised some of these below.

The Growing Chorus of Independent Experts Warning the Public

Linda Birnbaum, PhD, a former director of two sections of the National Institutes of Health, co-authored an op-ed appearing in *Environmental Health News* entitled, 'It is time to protect kid's developing brains from fluoride'. It highlights the mounting evidence that fluoride is impairing brain development.

In a recent 12-minute podcast, the Editor of the *Journal of American Medical Association's Pediatrics*, a Seattle physician, stated publicly he would not want his wife drinking fluoridated water if she were pregnant. The co-host, who is Editor of the entire *JAMA* network and also a physician, raised the important issue of how women cannot avoid fluoride while pregnant.

The abstract of a 2020 study that linked the use of fluoridated water in making infant formula to a lowering of IQ was re-published in the *Journal of Pediatrics*.

A recent review of fluoridation by Danish scientist, Harvard professor and neurotoxicity expert, Philippe Grandjean, MD, DMSc, concluded that:

"...there is little doubt that developmental neurotoxicity is a serious risk associated with elevated fluoride exposure, whether due to community water fluoridation, natural fluoride release from soil minerals or tea consumption, especially when the exposure occurs during early development."

A recent letter published in *Pediatric Research* by the co-authors of the *JAMA Pediatrics* fluoride/IQ study, stated:

"Over the past 75 years, health authorities have declared that community water fluoridation – a practice that reaches over 400 million people world-wide – is safe. Yet, studies conducted in North America examining the safety of fluoride exposure in pregnancy were non-existent.

"When a Canadian study reported that higher fluoride exposure in pregnant women was associated with lower IQ scores in young children, critics attacked the methodology of the study and discounted the significance of the results.

"Health authorities continued to conclude that fluoride is unequivocally safe, despite four well-conducted studies over the last three years consistently linking fluoride exposure in pregnancy with adverse neuro-developmental effects in offspring."

One of the world's leading neuroscientists, David Bellinger, PhD, published a review article in the journal *Pediatric Medicine*, in which he included fluoride in a list of chemicals known or suspected to interfere with the neuro-development of children. The Harvard professor also wrote an editorial piece in which he gave the following warning:

"The hypothesis that fluoride is a neuro-developmental toxicant must now be given serious consideration... It is instructive to recall that the hypothesis that sub-clinical lead exposures pose a neuro-developmental hazard was bitterly contested in the 1980s and 1990s, and it was only the eventual weight of evidence that led to the now widely-held consensus that no level of lead exposure is safe.

"If the hypothesis is true, the implications are worrisome. Exposure to fluoride has increased substantially in recent decades... If the effect sizes that have been reported are valid, the total cognitive loss at the population level that might be associated with children's prenatal exposure to fluoride could be substantial."

Federal Fluoridation Lawsuit Update

FAN has taken the US Environmental Protection Agency to court over the safety of water fluoridation. The case has been running for over a year,

There is good news! Last Thursday, the Judge granted the Plaintiffs' motion to add additional standing evidence into the case, which should help to satisfy the Judge's prior concerns and ensure that the case is resolved on its merits.

The next status hearing was due to be held on 26th August 2021 [just prior to the release of this issue of *TNH*].

While the plaintiffs believe they have already presented sufficient evidence to demonstrate that fluoridation poses an unacceptable risk, they appreciate the seriousness with which the Judge is taking the case, and his commitment to having the science govern the result.

There is an entrenched lobby which maintains that fluoridation has always been and always will be "safe and effective". That lobby includes both dental interests and the public health bureaucracies in largely English-speaking countries which fluoridate. No amount of science will change their minds. Given a level playing field, they would be laughed out of court. But now we actually are in court and it is a level playing field!

Although the Judge didn't say it, his comments suggest that he doesn't want to hear any more obfuscation from the EPA in lieu of science, and that they can't win this case by simply appealing to their authority.

Paul Connett, PhD, Director, Fluoride Action Network. 28th April 2021
info@fluoridealert.org



Tri Nature: the difference we can all make

By Jo Raydan, Independent Tri Nature Consultant



In 1979 Bob and Brian were two friends working in the chemical industry together. At the time, regular cleaners contained toxic ingredients that were detrimental to the health of our bodies and our planet.

They wanted something far greater for their families and the planet they would leave their children with. So they devoted 10 years into developing a range of products they could bring home to their families, and share with all Australian families to use with peace of mind.

They started off with a small range of products that were revolutionary to the marketplace, including our award-winning phosphate-free and nitrate-free laundry powder. All their hard work and late nights paid off, and in 1989 Tri Nature was launched by the Minister of the Environment, Tim Moore. I became involved in 1991 and have never looked back.

At the time I had three young children and was looking for a range of cleaning and personal care products without all the nasties. This was more difficult than it at first seemed.

The first product I tried in the range was the prewash soaker. I was using cloth nappies and with three little boys I was soaking constantly. After one use, my baby's nappy rash disappeared and my eldest son's eczema diminished – and the clothes were cleaner than ever! The more products I used, the better my family's skins became.

Bob and Brian uncovered the powers of plant-based ingredients and their complex synergies as an alternative to harsh, aggressive chemical products which were prevalent in the marketplace. They also discovered that these ingredients didn't have to compromise product performance at all, and in fact, these unique synergies between ingredients enabled the plant-based formulas to out-perform the nasty chemical products.

"We are proud to be an Australian-owned manufacturer, using Australian technology, producing products with a marketplace reputation of unequalled quality and performance. We look forward with great confidence to the exciting opportunities that lie ahead." – Robert Fernance, Managing Director and Co-Founder of Tri Nature.

"Driven by a 'strive for excellence' criteria, our work has moved beyond our expectations. We are and will continue to be a world leader in the research and development of natural-based products" – Brian McLean, Technical Director and Co-Founder.

In almost all cases, we find the monthly/annual budget is significantly less for retail customers. Members purchasing at wholesale prices, save even more again.

As we are all looking to reduce our waste, using highly concentrated products save millions of plastic bottles ending up in landfill.

Some of the great feature of our range

- Eco responsible
- Proudly 100% Australian made and owned in Newcastle, NSW.
- Gentle chemistry
- No animal testing
- Grey water and septic safe
- Family friendly
- Over 30 years of research and development
- 30-Day money-back guarantee

Our product range

Laundry: Our award-winning, eco-responsible premium quality concentrates provide superior cleaning performance, while saving you money. Laundry powder; laundry liquid; gentle wash; fabric softener; stain remover and prewash soaker.

Cleaning: You will be able to clean your house without the need for the harmful chemicals which are in most everyday cleaners. You will save \$100's per year by using our high performance, highly concentrated cleaners. And your family will be safe! Disinfectants; multi-purpose cleaners; window and floor; carpet and furniture polish; descaler and powerful bathroom cleaner.

"I have very large north-facing windows and doors that the sun shines on and shows up every smudge mark. Last week I took a delivery of some products from Jo and on the weekend I used the Glass Cleaner. Hands down, the best glass cleaner I have ever used! I now have smudge-free clear glass and my life is complete." – Joanne Davies

Kitchen: No child should ever need to go to hospital for household cleaning poisoning! Dishwasher powder is number one for children being hospitalised due to burning of their throat and stomach. Our product range leaves the dishes clean with no toxic residue. Dishwasher powder; rinse aid; food-safe disinfectant; hand dishwashing liquid; oven and BBQ cleaner.

Body and Hair: Cleanse and nourish your skin; clean and revitalise your hair. Our naturally-derived, gentle ingredients are an ideal choice for the whole family. Body washes; moisturisers; hand wash; hand cream; hand sanitisers; joint and muscle rub; shampoos and conditioners for daily care or damaged hair; shampoo and conditioner 2 in 1 and recovery mask.

Baby and Kids: Create a calm and nurturing experience for your little ones. Our gentle baby range is ideal to protect and nourish baby's delicate skin. Plus a fun range of bubble baths and body washes for your toddlers. No soap or harsh ingredients makes bath time fun! Baby bath; soothing lotion; massage oil; sanitiser; bubble bath; body wash; 2 in 1 shampoo; hair detangler.

We also have **Skin Care and Essential Oils.**

Please contact me: Jo Raydan, Independent Consultant
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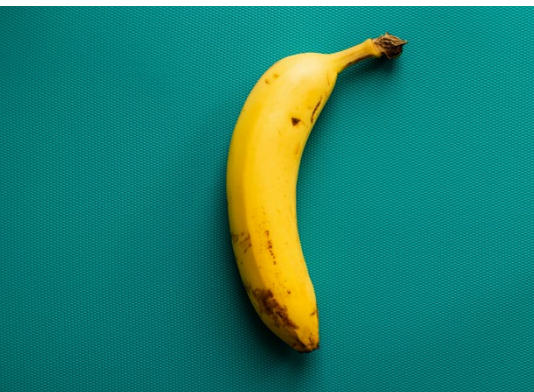
Your Questions Answered

By Roger French

Send questions to The Natural Health Society rfrench@health.org.au or PO Box 4264 Penrith Plaza NSW 2750. We regret that it is not possible to answer questions personally, nor can all questions be answered. Some may be answered in later issues.

Q HOW MUCH FRUIT:
The Natural Health Society seems to suggest that we eat plenty of fruit. But guidelines from other sources sometimes warn against too much fruit because of its sugar and fructose contents. What is your advice please?

Also, in your 7-day plant food variety challenge, there was no mention of grain foods? I thought the 'seed-grains', such as amaranth, buckwheat, millet and quinoa are OK. Is this wrong? – C. B., Deloraine Tas.



A Society Manager, Rebecca Smith, explains that in Natural Health Dietary Guidelines each meal is based on fruit or vegetables. Each meal is *approximately* three-quarters by weight either vegetables or fresh fruit, which means 350 – 450 grams in a meal. By consuming this proportion of these alkali-forming foods, we balance the acidic wastes produced by the acid-forming foods – the protein-rich and starch-rich foods. And as you say, seed grains such as amaranth, buckwheat, millet and quinoa can be healthy foods.

In my experience most people benefit from encouragement to eat more vegetable and fruit serves in their daily diet. This experience, and the knowledge that some people do better limiting or removing grains from their diet, led to us only including fruits, vegetables, herbs and spices in our inspiration list for the 7-day plant food variety challenge. The plant food inspiration list was designed to be a starting point and not a complete guide, just something to start people thinking about the number of different plant foods out there.

Of course, if you would like to go for a quinoa salad for lunch with some quinoa and mostly vegetables, that would be wonderful. For lunch I'm looking forward to a big bowl of vegetable soup with a slice of buckwheat loaf on the side – yum!

With respect to fruit quantity, fruit like any other food can be overeaten. However, it is important to view (and consume) fruit as a whole food, not just a source of fructose. Fruits are mostly water (ranging from bananas 75% to watermelon 93%) with a very significant fibre content, so the rate of absorption of the fructose is modest.

Fruits are excellent nutrition. Besides their contents of pure water, natural sugar and fibre, they are abundant in vitamins and minerals, with many fruits being loaded with antioxidants. With all their water and fibre content, fruits are wonderfully filling, which protects against overeating. The bottom line is, we believe, *that to get too much fructose from whole fruit, you would need to eat unrealistically large quantities.*

As with all things in health, there will always be caveats and personal application required. For example, in a person with diabetes, fruit intake needs to be restricted to the quantities indicated by blood sugar readings. Some people with underlying blood sugar regulation issues may react to fruit consumption. (Although the underlying cause of this reaction can generally be tracked back to previous consumption of refined sugar foods.)

The Natural Health approach assumes that we are physically active and that when we are out walking, cycling or running, etc., our bodies will benefit from a diet that includes energy-rich fruit. With all these variables to consider, it is difficult to say with certainty the correct number of servings of fruit per day for an individual. Although standard dietary guidelines suggest five serves of fruit and vegetable a day, research conducted by the Imperial College of London showed that 10 serves of fruit and vegetables is even better than five.

If you want to be conscious of your fructose consumption, a good approach to the 10-serves-a-day goal can be to eat more vegetables than fruit and choose fruits with a lower glycaemic load. Apples, pears, grapefruit, blueberries, cherries and strawberries, all fall into this category.

Q EGGPLANT FOR SUNSPOTS:
Is there a natural way to get rid of sunspots? They can look unsightly, and I wouldn't like one to progress to skin cancer. – M. L., Grenfell NSW

A One simple natural way uses eggplant applied topically. The procedure is described by a woman named Kim Charters writing in *New Vegetarian and Natural Health*, Winter 2001 issue, page 43. [NVNH was an earlier version of the Natural Health Society's magazine.]

This is what Kim wrote:

"Speaking from personal experience, I first heard of the eggplant as having beneficial healing properties for sunspots more than two years ago. Strangely enough, it was from my GP.

"To make this successful solution, dice part of an eggplant and steep in white vinegar for two days in the refrigerator. Drain and keep the liquid. Apply liquid to the sunspot and cover with a Band-Aid. Re-apply liquid and Band-Aid twice daily. Results are usually achieved in about two weeks.

"I have personally tried this and my sunspot disappeared in less than two weeks with no scarring, and has never recurred. This was over two years ago."

Kim adds that the skin cancer healing properties of eggplant are discussed in a book entitled, *The Skin Cancer Answer* by Dr I. William Lane and Linda Comac and published by Avery Publishing Group.

Q MANUKA HONEY GRADING SYSTEMS:
In Manuka honey, how does MGO compare to the UMF in the grading of therapeutic effectiveness? – A. S., Mulgoa NSW

These are the two main grading systems and they do have direct comparisons. Firstly, a bit about Manuka honey constituents



WHAT IS UMF?

UMF stands for **Unique Manuka Factor** and is a grading system developed by the UMF Honey Association in New Zealand.

The Association grants UMF licenses to Manuka honey manufacturers who meet their rigorous standards. Every batch of honey is tested by the UMF Honey Association for authentic Manuka honey from New Zealand.

For Manuka honey to receive the UMF rating, all these phytochemicals must be present. The key markers are leptosperin, methylglyoxal, DHA and HMF.

Here is the range of UMF potencies:

Certified Authentic, Everyday: UMF 5+ to UMF 9+

Premium Grade: UMF 10+ to UMF 15+

Ultra Premium Grade: UMF 15+ to UMF 20+ and above

Superior Rare High Grade: UMF 24+

Every Manuka manufacturer is required to hold a valid UMF license to obtain a UMF trademark for the label.

The UMF certificate means that the Manuka honey meets the following requirements:

Produced, packed and labelled in New Zealand. Manuka honey cannot be imported into New Zealand.

Tested. Manuka honey must undergo a number of tests to identify its source and purity.

Audited. UMF Manuka honey is regularly audited to ensure it is genuine Manuka honey with the correct UMF number.

Proof of Authenticity. The official UMF Certificate is issued once the honey has passed all tests.

WHAT IS MGO?

The MGO grading system, developed in 2008, is primarily used by the company, Manuka Health, which is also a member of the UMF Honey Association.

MGO stands for *methylglyoxal*, a chemical that naturally occurs in Manuka honey. The higher the MGO content, the higher the grade of Manuka honey.

According to Manuka Health, it is the 'magic ingredient' in Manuka honey.

Each jar of MGO Manuka honey is tested for potency and traced from hive to home.

WHAT IS KFACTOR?

KFactor is a marketing term used by the company Wedderspoon.

The KFactor standard ensures you are getting the following:

- Raw and unpasteurised honey;
- Free of antibiotics, glyphosate and pesticides;
- Non-GMO;
- Traceability from hive to home;
- Comes from New Zealand.

On top of that, there are two main varieties of Wedderspoon's Manuka honey; KFactor 16 and KFactor 12.

KFactor 16 is a single-plant honey that is wholly or mostly made from the *Leptospermum scoparium* (Manuka) plant.

KFactor 12 is a multi-floral Manuka, that is a blend of Manuka and other types.

MANUKA MARKERS

The most common marker for Manuka honey is **MGO**. It is a natural compound with antibacterial properties and is measured in the UMF and MGO grading systems.

However, the UMF grading system also measures **NPA** (non-peroxide activity)



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which represents the industry's standard phenol disinfectant. The NPA marker relates directly to the overall UMF rating. If a Manuka honey has an NPA of 18 then it will be UMF 18+.

Leptosperin is found in Manuka honey and is also measured in UMF. Leptosperin uniquely identifies Manuka. If it doesn't contain Leptosperin, it's not Manuka.

HOW TO COMPARE THE DIFFERENT GRADING SYSTEMS

The UMF and MGO grading systems measure MGO. The concentration of MGO ranges from 0 mg per kg to 1,000 mg per kg. Anything above **100 mg per kg** is considered antibacterial.

An MGO 100+ Manuka honey contains at least 100 mg per kg of methylglyoxal.

MGO	UMF EQUIVALENT
MGO 83+	UMF 5+
MGO 100+	UMF 6+
MGO 250+	UMF 10+
MGO 400+	UMF 13+
MGO 550+	UMF 16+
MGO 700+	UMF 18+
MGO 850+	UMF 20+
MGO 1000+	UMF 22+

Source: manukahoneyorganic.com/what-is-umf

Q FUNGAL RASHES IN GROIN:

I am an older male and am prone to fungal rashes of the groin, mainly the scrotum. The itching is quite bothersome. I would like to know if there are natural treatments. – D. B., Neutral Bay NSW

A Yes, there are non-toxic methods for fungal and yeast infestations, both systemic and topical. [Note that yeast is a form of fungus.]

Fungal infections of the skin are quite common and often involve a combination of both fungi and bacteria to which the skin is reacting, as well as to fungal toxins. The most common of all fungal infestations, whether inside the body or on the skin is *Candida albicans*.

Fungal skin infestations commonly occur where opposing skin surfaces contact each other and rub. Typical warm, moist areas are the groin, underarms, creases under pendulous breasts, the folds of the skin of the abdomen in obese people, the creases of the neck and between the toes. This kind of superficial skin disorder has the name, *intertrigo*.

Another kind of fungal skin infestation is 'jock itch' (*Tinea cruris*), also called 'crotch rot' or 'ringworm of the groin'. This red, itchy rash is more likely to occur in men who sweat a lot. The itching can be intense and there may also be small blisters and small white scales on either

side of the scrotum. The rash can involve the entire groin area.

With jock itch, the most commonly associated fungus is *Trichophyton rubrum*, which is likely to be accompanied by *Candida albicans*, *Trichophyton mentagrophytes* and/or *Epidermophyton floccosum*. (These names don't mean much to you or me, but are here for the record.)

A dry, healthy skin effectively blocks yeast infestations.

Besides moisture, there are other adverse factors that may allow the yeast or fungus to gain a foothold. They include:

- Your immune system is depressed or weakened due to general toxemia of the system;
- You have recently had a course of antibiotics (or are taking steroids);
- You have high blood sugar levels, as in diabetes;
- Your peripheral blood circulation (blood supply to the extremities) is compromised and/or there are lowered oxygen levels in your bloodstream;
- You are overweight or obese;
- Not drying yourself thoroughly after bathing or sweaty activity;
- The excessive use of soap and shampoos that remove the natural, protective acid (and oil) coating from the surface of the skin;
- The wearing of tight or synthetic clothing that holds perspiration on the skin;

- You have previously suffered fungal skin infections;

Persistent infection with the Epstein-Barr virus (glandular fever) or cytomegalovirus can exhaust the immune system.

Healthy skin normally secretes very weak acid, which acts as a protective barrier against microorganisms. But if the skin becomes unhealthy, it can become vulnerable to fungal or yeast infestation.

We all have fungi (or yeasts) inside us, some are 'good', others are 'bad'. It is when they get out of balance that the 'bad' ones come to dominate. To restore the right balance, they should all respond to an anti-fungal program. This involves detoxing, natural foods, supplements (must be guaranteed to be yeast-free), probiotics and natural anti-fungals.

Natural treatments



Topical treatments may provide prompt relief, but the problem will not be completely overcome until the immune system is back to full strength, which depends primarily on detoxing and good nutrition. Here are actions that can be expected to bring relief sooner or later.

Take probiotics to displace the fungi in the intestines. If on antibiotics, this is especially important. Otherwise avoid antibiotics – except in a life emergency or when otherwise unavoidable.

Avoid refined sugar, whether white, brown or black, and other concentrated sugary foods, including confectionery, jams, honey, glacé fruits, pickles, sauces, preserved fruits, etc.

With an entrenched infestation, even fruit will need to be limited, but particularly avoid three fruits that often contain mould – oranges, grapes and melons. Avoid white rice and white flour products that also feed fungi.

Avoid foods containing yeast or any food or drink which has involved fermentation, so as to minimise the load on the immune system – fermented foods, cheese (other than cottage or ricotta), beer, wine and other forms of alcohol, vinegar, cider, ginger ale, mushrooms, soya sauce, miso, yeast extract spreads, bread made with yeast, any food containing breadcrumbs,

stale nuts and seeds, dried fruits, MSG. Avoidance of these should continue for weeks or months until the infestation has eased.

Garlic is a powerful anti-fungal. It is most potent when consumed raw, but is still effective if cooked. Or even take garlic capsules.

Anti-fungal substances include olive leaf extract and oregano oil.

If the rash is persistent enough, it will be desirable to have three to five days consuming exclusively vegetable salads and fruit – or water fasting with professional supervision. This will strengthen the immune system.

If digestion is poor, supplements of digestive enzymes, taken at least initially, can be a great help. For the suitability of these, a practitioner's advice should be sought.

For topical treatment, rub an anti-fungal into the rash twice a day. A non-toxic remedy is easily made: mix 4 – 6 drops of tea tree oil, oregano oil and/or clove oil (any or all of these) with 1 tablespoon of coconut oil. The caprylic acid in coconuts is also a fungus killer.

If you are willing to take the trouble, spread over the rash the remarkable Manuka honey, being sure to purchase genuine Manuka honey with strength at least UMF 10 or MGO 250. Cover with a bandage or wadding and leave in place for hours or the entire day. Repeat as necessary.

Wash with only coconut-oil-based soap or just plain water.

After showering, wipe over the rash with water made acidic with lemon juice or apple cider vinegar. Stir either the juice of half a lemon or two tablespoons apple cider vinegar into two cups warm water. Pat dry and leave as is. The purpose here is to restore the natural acidity of the skin.

After any physical activity that causes sweating, wash the area with plain water. It is best to avoid the use of soap whenever possible. You could then wipe the rash with this lemon juice or apple cider vinegar solution. Again, pat dry, but don't wash it off.

Wear loose, pure cotton underwear. Change if it becomes damp or sweaty. Avoid synthetics.

Sleep in loose pyjamas or nightie, so that the area does not become sweaty.

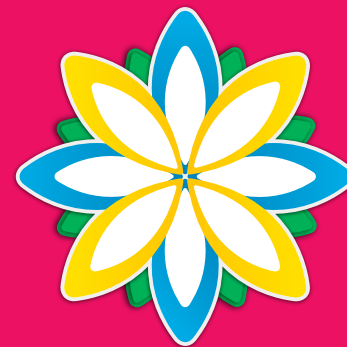
Wipe coconut oil (with its caprylic acid) over the rash as often as is convenient.

Because fungal skin rashes usually reflect Candida overgrowth elsewhere in the body, particularly in the intestinal tract, rectum and/or vagina (thrush), it would be wise to have a check-up by a naturopath or wholistic medical practitioner.

If the infestation is widespread, the above program will need to be applied in depth and possibly for months.

Foods to have

After the formidable avoidance list above, is there anything left to eat? Yes, plenty. You can hoe into fresh vegetables and, unless indicated otherwise, fresh fruits. Also suitable, *provided they are fresh*, are nuts, nut butters, legumes, seeds, whole grains including pastas. Fresh herbs and wholesome seasonings will be acceptable. Some commercial jams are made without sugar, and apple juice concentrate can be used as a sweetener in many recipes.



SUBSCRIPTION RENEWAL

Natural Health Society members

If your subscription is due, remember to renew. Look at your address sheet or contact the Society.

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NHS NOTICES

MEMBERS SUPPORTING THE NHS

These days we are bombarded with 'health' information, often by companies trying to sell products. At the Natural Health Society, we are a not-for-profit community with a simple aim: to promote a simple, cost-effective, proven set of principles aimed at fostering health.

At the NHS we feel that the need to support the community to live well naturally has never been greater. 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.

Bequeath

Another way people can 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." It may be wise to consult a solicitor to ensure that the bequest is valid.

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

How can you help?

Donate

Some members generously provide us with donations – any donation great or small is gratefully received.

For recent donations, we say a big 'thank you' to:

Cynthia Handley and Barry Hastie, Dawn Greening, Paula Kontomina, Rene Hall, Sharyn Peters, Karen Millgate, Katie Deverell, Ronald Jenkins, Richard and Philomena Watkins, Jeanne Silverson and Gary Owens.

Members can donate via our website at www.health.org.au, call our office on 0432 396 701 or send a cheque to the Natural Health Society of Australia, PO Box 4264, Penrith Plaza NSW 2750.

Help us expand our membership

Do you have a friend you think would enjoy our magazine? Lend them a copy of *TNH* or perhaps buy them a gift subscription?

Let your friends know of upcoming events and share our socials posts to help spread the word.

Thank you to our long-term committee member Jan Thorpe

Jan has been a dedicated member of the NHSA for over 50 years, including the roles of President and active committee member. Jan has recently resigned from the Committee and we thank her for her strength and passion over the years.

If You Are Planning To Have The Vaccine, Prepare Yourself

As the Delta variant of COVID-19 spreads, the social pressure to have a vaccination is increasing. Many of the Society's members will already have had one or both jabs, and many more will be considering it for a variety of reasons.

It makes sense to optimise your immune system, whatever stage you are at. If you have already had the jab you can still get COVID-19, and if you are thinking about it or if you are determined not to, it's commonsense to keep as well as possible during these times.

Your vitamin D level is very important and can be checked with a simple blood test. Following the Natural Health guidelines will optimise your immune system and help you keep well. The guidelines are for good nutrition, enough exercise and fresh air, adequate rest and pure water and minimising exposure to toxic man-made chemicals.



Fasting

Professionally supervised fasting is available in NSW

The supervisor is Doug Evans, who is well known to many Natural Health Society members. Doug was a practitioner at the now closed Hopewood Health Retreat, Wallacia NSW. He has had 35 years' experience in supervising nutritional programs and therapeutic fasting, including 22 years at Hopewood.

Comfortable accommodation among trees and a quiet garden setting provide a relaxing environment for your fast or juice program.

Very modest fees include daily consultations, monitoring tests, access to health videos and a health library and healthy lifestyle talks. Also provided are the plant-based meals required for preparing for the fast and breaking it.

Bookings. Contact Doug on 0416 254 409 or by email dougevans@optusnet.com.au

Address: Studio 35, 35 Eric St, Bundeena NSW 2230



& EVENTS



Follow Natural Health Society of Australia on Facebook

Notice of the 2021 Annual General Meeting Natural Health Society of Australia (NSW) Inc.

Notice is hereby given that our 2021 Annual General Meeting will be held on Wednesday 29th September at 11am AEST via Zoom.

Society members wishing to join the meeting need to use the following access:

Zoom

Meeting ID: 852 7481 6739

Passcode: 663854

If you have any questions, please phone 0432 396 701 or email admin@health.org.au.

Business

- Reports of President, Health Director and Manager
- Receipt and adoption of Treasurer's report
- Election of National Committee members
- Proposed changes to the Constitution and any other business in accordance with the Constitution.

Motion on notice: ***That changes be made to the Constitution to reflect requirements of the Associations Incorporated Act of 2009, the Associations Incorporated Regulation 2016 and other relevant updates to terminology.***

These changes are outlined in the Constitution draft 2021 available via our website, www.health.org.au. If you are not able to access our website and would like to see a copy of the draft please contact our office on 0432 396 701 or admin@health.org.au.

All Society members are welcome to join the meeting and hear the reports. There have been a lot of changes in the past 12 months, and we would love to share all the news with you.

The Winter 2021 webinar series went well

'Stories in Health: Defining moments in our health continuum and the lessons we can share'.

July 22: Dr Leila Mason discussed the benefit of a holistic approach to paediatric acute neuropsychiatric syndrome 'PANS'.

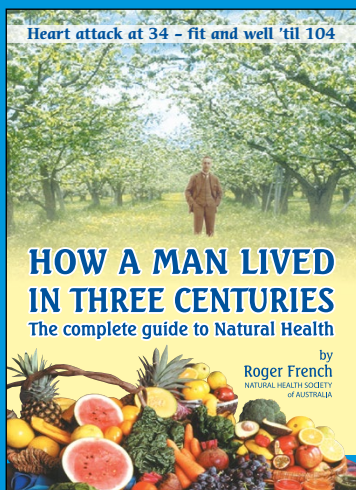
July 29: Herbalist and Nutritionist Ally Sanchez shared a beautiful story that demonstrated adopting natural health philosophies can be beneficial at any time in our life.

August 5: Mary-Anne Bennet, Clinical Nutritionist, discussed how you can heal from chronic illness by using nutrigenomics, the power of food to influence your genes and your health.

August 12: Gigi Neophytou, Yoga Teacher and Health Educator, discussed healthy ageing using a variety of natural health approaches.

August 19: Our series finished with a Natural Health Society panel discussion where NHS leaders, including Roger French, Elizabeth French and Richard Stepniewski, shared their insights on translating Natural Health knowledge into daily practice.

All presentations are available to purchase via our online shop, www.health.org.au/shop.



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Now also available from Amazon Australia

It has an introduction by Dr Greg Fitzgerald and a search button to act as and index.

Price \$11.99 AUD

As an acknowledgement for his hard work and persistence, we express our thanks to Kerry Hinge for reformatting the book for Amazon.



How many bowel movements should we have?

Based on an article by Michael Greger, MD, FACLM, 10th July 2020

Some people are calling for bowel habits to be considered a vital sign of how the body is functioning, along with blood pressure, heart and breathing rates. It wasn't until 2010 when normal stool frequency was defined as between three per week and three per day, based on the fact that that's where 98% of people tended to fall. But normal doesn't necessarily mean optimal.

A significant number of people with 'normal' bowel function have reported urgency, straining and incomplete defaecation. Normal, maybe, if you're eating a fibre-deficient diet. But not normal for our species. Defaecation should be rapid and painless.

This is readily demonstrable. For example, the majority of rural Africans eating their traditional fibre-rich, plant-based diets can usually pass, without straining, a stool specimen *on demand*. The rectum may need to accumulate 120 to 150 grams faecal matter before the defaecation reflex is fully initiated, so if you don't build up even that small quantity over the day, you'd have to strain to prime the rectal pump.

Two or three motions a day is what we see in populations on traditional plant-based diets, consuming the kind of fibre intakes we see in our fellow great apes. However, there is no need to stress about it, but three times a day makes sense.

We have what's called a *gastro-colic reflex*, which consists of initiating muscular waves in our colon within one to three minutes of the first mouthfuls of a meal. Even just talking about food can cause your brain to increase colon activity. This suggests that just one meal should be just about enough to fill you up down there. So, maybe we should eat enough unprocessed plant foods to get up to three motions a day, one after every meal.

Bowel movements should be effortless. When we have to strain, the pressure may balloon out from our colon, causing diverticulosis, haemorrhoids around the anus and the valves in the veins of our legs to fail, causing varicose veins. It may even force part of the stomach up through the diaphragm, causing a hiatal hernia.

Before the advent of the sitting toilet, people used the squatting position, which straightens out the *ano-rectal angle*. There's a kink right at the end of the rectum, almost a 90-degree angle, that helps keep us from bowel incontinence when we are just walking around. But that angle only slightly straightens out in a sitting posture. Maximal straightening out of this angle requires a squatting posture, permitting smoother bowel elimination.

This was demonstrated in 2002, when researchers used X-rays to observe

the rectum in sitting and squatting positions. And, indeed, squatting increased the ano-rectal angle from around 90 degrees all the way up to about 140.

A similar effect can be achieved if you lean forward as you sit, with your hands on or near the floor. Therapists advise all sufferers from constipation to at least adopt this leaning position.

By manipulating the ano-rectal angle through squatting or leaning you can more easily pass unnaturally firm stools. And why not also treat the cause? Eat enough fibre-containing whole plant foods to create stools that are soft and will pass effortlessly.

Protracted straining can cause heart rhythm disturbances, reduction in blood flow to the heart and brain, sometimes resulting in defaecation-related fainting and death. 15 seconds of straining can temporarily cut blood flow to the brain by 21% and to the heart by nearly half, thereby providing a mechanism for the well-known bedpan death syndrome.

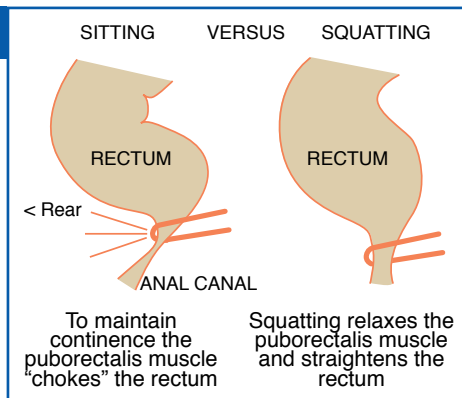
An account of sitting versus squatting by researchers

Studies show that many gastrointestinal diseases, including haemorrhoids, ulcerative colitis, irritable bowel syndrome and colon cancer, are due to the sitting posture when using a pedestal toilet. As a result, these diseases are quite common in developed countries.

Prior to the invention of the sitting toilet, humans had squatted to defaecate, the way the human body was designed to function. In the late 19th century, there was a sudden appearance of pelvic diseases, which correlated with a change to the pedestal toilet.

It is evident from studies that defaecation by the sitting position is not only a difficult process, it compels the body to exert strain on evacuation. The intra-abdominal pressure is exerted by pushing the diaphragm down, which results in relaxed abdominal muscles. As a consequence of unsupported abdominal muscles, our body suffers later.

The sitting posture is especially detrimental for women's health. Pelvic floor injury due to the stretching of nerves is a most important cause of pelvic disease. The pressure created by the diaphragm during the defecation and apparent relaxation of abdominal muscles can result in uterine prolapse and hernias of bladder or rectum into the vagina.



The squatting posture for defaecation is the most appropriate way, as the abdominal muscles work actively and complete evacuation takes place.

Squatting has numerous advantages:

- It makes bowel evacuation more rapid;
- It reduces the risk of irritable bowel syndrome, inflammatory bowel disease, appendicitis and colon cancer;
- It avoids stretching of the pelvic floor nerves, which control the bladder, prostate gland and uterus;
- It helps prevent bowel incontinence;
- It prevents straining which, in turn, prevents hernias and pelvic organ prolapse;
- It can help reverse haemorrhoids. In countries where people squat for defaecation, haemorrhoids are very uncommon;
- It is beneficial for pregnant women by avoiding the pressure on the uterus caused by sitting on the toilet.

To conclude, the porcelain throne has caused unnecessary suffering to many people. It has also wasted billions of dollars in health-care costs. The time has come to re-acquaint people with their natural habits and bring this unfortunate practice to an end.

Reference: Sudip Bhattacharya, et al, 'Health promotion and prevention of bowel disorders through toilet designs'. *J Educ Health Promot.* 2019;8:40. doi: 10.4103/jehp.jehp 198 18

The In-Lieu Squatting Accessory is an appliance which the Natural Health Society has been recommending for decades. And one which your Editor has been using for around 30 years – and I couldn't be without it, because sitting feels so wrong – Roger French

The In-Lieu is a nicely made plastic set of footrests which put the body into the squatting posture or close to it.

This piece of furniture is available from the Society. See page 42.

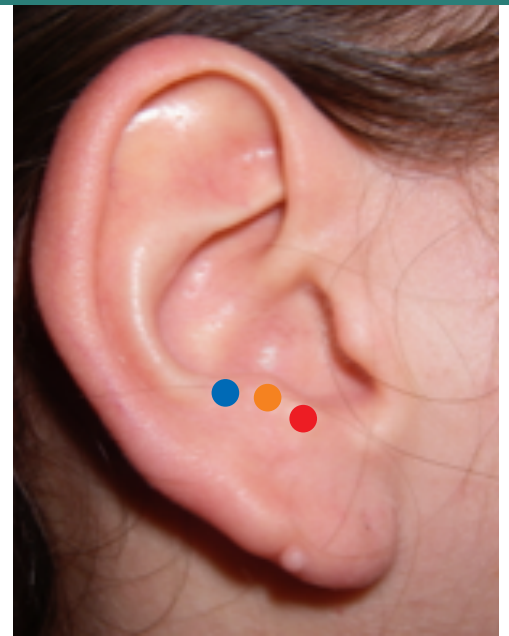
Reflexology tips for headaches

By Sue Ehinger, Reflexology Therapist

These reflex points will be painful if you have a headache but are extremely effective especially if you can get a friend to press them for you. Just squeeze firmly enough that the pain at each point is no higher than 6/10.

Squeeze the same points on both ears at the same time for 1-2 minutes each – finger and thumb on opposite side of the ear point. You may not need to press all of them – only the ones that are painful.

This treatment can sometimes reduce an 8/10 headache to 2/10 within 5 minutes.



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- Pain at the back of the head
- Pain in the temples
- Forehead pain



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The Universe Within Us

Part 1: Meet Your Gut Microbiome

By Robyn Chuter, Naturopath and Counsellor

For a century, researchers have slowly but steadily gathered knowledge of the bacteria that inhabit the human gut, their progress hindered by having to rely on culturing bacteria recovered from stool in a petri dish.

Gut microbiota research as we now know it only really got underway in the late 1990s, with the development of technology that allowed scientists to sequence the DNA of our gut bacteria.

At this point, it was discovered that the vast majority of the teeming hordes of tiny critters that inhabit our insides can't be cultured at all, as they die when exposed to air.

And no one would have believed in the last years of the twentieth century, just how great an influence these microscopic life forms would be discovered to exert on every aspect of human health and wellbeing.

The field of gut microbiota research has mushroomed so dramatically, that a scientific paper published in 2018 calculated that over four-fifths of the total number of scientific publications focusing on the gut microbiota over the previous 40 years were published in just *four years*, 2013 – 2017.

And now in 2021, so many scientific articles on the topic are published every day that it's impossible to keep up with them all.

In just a few decades, researchers have come to understand that the communities of *bacteria, archaea, protists, fungi and viruses* that live inside our gastroin-

testinal tract (our gut *microbiota*), and their collective genetic material (our gut *microbiome*) are so vital to healthy function that they constitute a distinct organ of the human body.

Here are just some of the roles played by the 100 trillion microorganisms that populate our gut:

Immune functions: Formation of the gut-associated lymphoid tissue, or GALT (a key component of the immune system in the gut) and 'training' of our immune cells to distinguish self from non-self, and friend from foe.

Gut functions: Maintaining the intestinal barrier (that is, preventing and repairing leaky gut); digesting complex carbohydrates found in human breast milk and plants; producing short-chain fatty acids which feed the cells that line our colon; keeping disease-causing bacteria, yeasts and fungi at bay; regulating muscle movement in the intestinal tract (motility); and protecting against colon cancer.

Metabolic functions: Regulating serum cholesterol, blood glucose levels and appetite.

Vitamin production: Producing vitamins B₁, B₂, B₁₂ and K, along with biotin, folate B₉ and alpha-lipoic acid.

Central nervous system functions: Stimulating development of parts of the brain, especially the *hippocampus* (which plays key roles in motivation, emotion, learning and memory); and producing chemicals that affect areas of the brain involved in appetite control and food cravings.

Enteric nervous system ('gut brain')

functions: Producing neurotransmitters – chemicals that nerve cells use to talk to each other, and to muscles and glands – including GABA, serotonin and dopamine – and influencing the neuroendocrine cells in the gut that also release these neurotransmitters.

Is your gut telling you it's time for a healthy change? Need help to get your health back on track? Apply for a Roadmap to Optimal Health Consultation today.

Robyn Chuter is a naturopath, counsellor and ASLM Certified Lifestyle Medicine Practitioner, located on the Gold Coast in Qld. Robyn can be contacted by email: robyn@empowertotalhealth.com.au; or by phone 0432 766 884. Website empowertotalhealth.com.au

In Part 2 of this series, we'll delve deeper into the research on the myriad of ways in which what we eat affects our gut microbiota, and how this influences our health.



Natural Beauty Ideas for Spring

Feel beautiful in Spring with an all-natural beauty program. We have put together a list of beauty tips to give your beauty regime the boost it might need and ensure your skin remains healthy, strong and beautiful.

Use chilled tea bags to remove puffiness from your eyes

Steep two green or chamomile teabags in hot water for one minute. Remove them from the water and chill in a bowl in the refrigerator. Once cool, place them on your eyelids and leave for 5 to 15 minutes.

Stay hydrated

It is vital to drink plenty of water during the day. Starting each morning with a glass of lemon water or unsweetened coconut water can give your body an extra blast of hydrating nutrients too.

Take warm showers

In cool weather it is tempting to take long, hot showers, but this actually dries out your skin and can worsen skin issues. Hot water strips away the healthy fats and oils your skin needs. Try switching to a lukewarm shower and use moisturiser immediately after the shower.

Remove processed sugar from your diet

Sugar can cause skin inflammation, which often appears as skin acne, dry and irritated skin or accentuated wrinkles. Removing all processed sugar from your diet will help reduce these symptoms.

Try almond oil

Oils, such as almond oil, can be a great alternative to liquid soap. Some soaps have chemicals that remove your skin's natural moisture, leading to dry and irritated skin. Almond oil can help to naturally cleanse and nourish your skin.

Use Aloe vera to ease irritated skin

If you suffer from red, irritated skin, we recommend applying an Aloe vera gel. This is an excellent treatment for skin conditions, such as burns and eczema. It's also frequently reported that applying Aloe vera to burn areas can soothe them and rapidly reduce the pain.

Use the lemons plentiful in Spring

To help maintain general health and wellbeing this spring, start your day with a big glass of water with the juice of a lemon or half a lemon.

Lemons are rich in vitamin C and can boost the immune system and support digestion. Vitamin C helps your body absorb iron, which is particularly important if you lead a vegetarian lifestyle.

Sipping lemon water throughout your day means you can benefit from the essential soluble fibres often found in citrus fruits. Include some of the pulp in your juice. Soluble fibres help suppress your appetite, keep you feeling fuller for longer, and may help you avoid reaching for those unhealthy snacks in the afternoon.

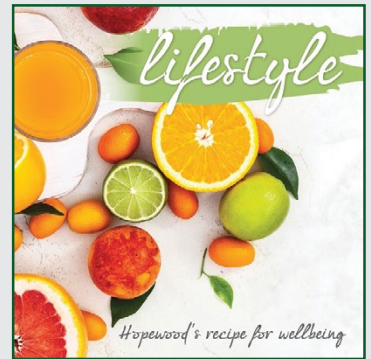
You may find this surprising because lemon juice is acidic, but lemons are actually a great way to alkalise your body. Reducing the acidity in your body and balancing your pH will potentially ward off diseases as they cannot exist in a fully alkalised system. Keeping a pH balance in your body will also reduce inflammation and ensure your body absorbs enough nutrients to maintain optimal health.

The benefits of lemon water do not end there. Lemon water assists the detoxification process, cleansing the liver and stimulating the production of bile that helps with digestion.



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Celery and corn soup

With celery in season now is the perfect time for this delicious soup

INGREDIENTS

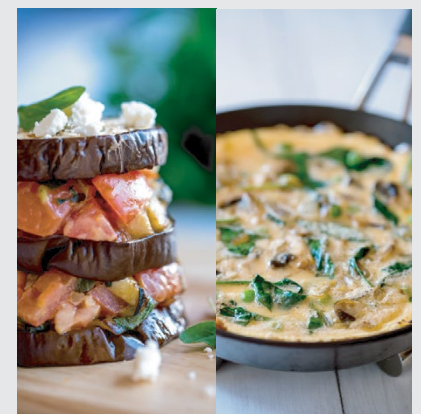
- 6 corn cobs
- 3 celery stalks, washed and chopped
- 2 cups chives or onion, chopped
- 6 cups vegetable stock
- Parsley, chopped

METHOD:

Strip corn from cobs. Place all ingredients in a pot and bring to the boil. Simmer until the corn is tender.

Place in a blender for 1 minute.

Reheat and serve garnished with parsley.



Manuka honey

– a natural super-antibiotic



By Roger French, Health Director, NHS

Honey is one of nature's oldest folk remedies, having been used for at least 5,000 years for its healing properties. Hippocrates of ancient Greece, the 'father of medicine', found that honey heals boils, ulcers on the lips and running sores.

In New Zealand the Maori people have used a particular kind of honey for centuries for treating flu, fevers and colds and healing skin and stomach ailments. This honey is *Manuka*,

Then along came antibiotics and the sticky stuff was nudged aside by modern medicine. But now honey is making a comeback. New research has shown that Manuka honey kills every type of bacteria that scientists can throw at it, including the antibiotic-resistant 'superbugs' plaguing hospitals and killing patients around the world.

Where Does Manuka Honey Come From?

Manuka honey comes from bees which gather nectar solely from the New Zealand Manuka bush or tea tree (*Leptospermum scoparium*). In Australia it has the alternative name, 'jelly bush honey'. True Manuka honey is unique to New Zealand.

The Manuka bush flowers only between December and January, so beekeepers have just six weeks to make a year's supply. Trickier still, not all Manuka bushes produce the medicinal honey.

Both white sugar and honey contain the simple sugars, glucose and fructose, but in white sugar they are combined to form sucrose, whereas in honey they exist separately and require no digestion. Further, white sugar has no healing properties and contains zero minerals and vitamins.

Why Is It So Special

When the bees take nectar back to the hive, they add an enzyme, called *glucose oxidase*, while they are concentrating the nectar into honey. When honey comes into contact with body moisture, the glucose oxidase slowly releases the antiseptic, *hydrogen peroxide*. This is released at sufficient levels to be effective against bacteria but not damaging to tissue.

Unfortunately, the hydrogen peroxide is easily destroyed by heat, fluid and sunlight, and hydrogen peroxide can be broken down in bodily tissue and blood.

In certain strains of Manuka honey, the antibacterial activity is much more potent than the peroxide effect. This was labelled the 'Unique Manuka Factor', or UMF, and is now known to be a compound called *methylglyoxal*. This compound is toxic on its own, but in honey it combines with other compounds synergistically to be so strongly antibacterial that, as one researcher said, it causes 'multi-system failure' in bacteria. Manuka honey is world famous for this powerful antibacterial activity.

Unlike hydrogen peroxide, the methylglyoxal does not break down, so that the antibacterial activity of the honey remains intact. The UMF property is very stable to heat and bodily fluids and not easily destroyed.

Prof. Dee Carter, of the University of Sydney's School of Molecular and Microbial Biosciences, said that these discoveries explain why bacteria fail to develop the resistance that is inevitable with conventional antibiotics.

"New antibiotics tend to have short shelf lives, as the bacteria they attack quickly become resistant," stated Professor Carter. "Many large pharmaceutical companies have abandoned antibiotic production because of the difficulty of recovering costs. Developing effective alternatives could therefore save many lives."

[Reference: Prof. Carter et al, *European Journal of Clinical Microbiology and Infectious Diseases*, Oct. 2009, vol 28(10), pps 1199 – 1208, and online 10th June 2009.]

In addition to being potent and stable, the UMF can reach deep-seated infections, because it can penetrate one centimetre into skin, fat and muscle overnight, whereas hydrogen peroxide does not penetrate tissues.

In laboratory tests the UMF property has been found to be effective against a wide range of bacteria including:

Helicobacter pylori – the bacterium that causes most stomach ulcers. Hydrogen peroxide is not effective against it.)

Staphylococcus aureus ('Golden staph') and *Escherichia coli*, the most common causes of infected wounds.

MRSA (methicillin-resistant *Staphylococcus aureus*) [Reference: Paper presented at the First World Wound Healing Congress, 10 – 13 September

2000, Melbourne, Australia, by Allen, K.L., Hutchinson, G., Molan, P.C.].

Streptococcus pyogenes – causes sore throats.

Compared to regular honey, UMF Manuka honey is:

Twice as effective against *Staphylococcus aureus* and *Escherichia coli*. MRSA strains of bacteria are notoriously resistant to antibiotics and sometimes responsible for closing hospital wards.

Eight times as effective against *Helicobacter pylori*.

More effective against *Streptococcus pyogenes*.

[Reference: manukahoney.com/resources/research/secondagent.html]

Just What Does the Honey Do

The higher the UMF rating, the higher the antibacterial activity. Products with a rating of 10 or higher are appropriate for therapeutic use. For serious wounds and illnesses, it is recommended to use *medical grade* Manuka honey which has been sterilised by gamma irradiation.

Health benefits include not only the treatment of serious infections, but also the treatment of wounds, cuts, burns, ulcers, digestive upsets, sore throats, yeast infections, insect bites, various skin conditions such as acne, eczema and psoriasis, and fungal infections ranging from ringworm to athlete's foot. For oral hygiene, it inhibits acid production and helps prevent dental cavities.

[Reference 'Manuka honey as a medicine' by PC Molan, 2001, on the website of the Honey Research Unit.]

For wound care, the honey provides an optimum, germ-free, moist, wound-healing environment, which supports and facilitates the natural healing of varicose and skin ulcers, diabetic ulcers, pressure sores, wounds, burns, boils, cracked skin, cuts and grazes.

The honey is anti-inflammatory and reduces pain and swelling. It does not damage the surrounding tissue.

Honey cleans wounds – its osmotic effect lifts dirt out of the wound. Dressings do not stick to the surface of the wound, allowing easy removal of dressings. Because the wound is kept moist, scarring is reduced.

Manuka honey is akin to a super healer.

Manuka Honey and Cinnamon Remedies

By Roger French

Manuka honey is covered in detail in the preceding article. Now we look at cinnamon and the extraordinary ways in which the two can be made to work in combination.

Note that the aim with remedies in Natural Health is not to suppress any acute ailment, but simply to ease symptoms.

About Cinnamon

As a folk remedy, it has been used to treat colds and digestive ailments. The essential oil of cinnamon is anti-bacterial and anti-fungal. As a bonus, cinnamon is high in antioxidants.

Most of the powdered cinnamon sold in supermarkets is actually not cinnamon, but Cassia, a close relative with a stronger flavour and sticks that are thicker.

A Powerful Combination

A mixture of honey and cinnamon has been used to enhance the flavour of cooked foods since early times. Their combination has also been used as a remedy for thousands of years, including in Oriental and Ayurvedic medicine. There have been claims over many years that the mixture is an effective remedy for many ailments. In the mixture, cinnamon is in the form of powder or oil. Manuka honey and cinnamon each have their own range of remarkable therapeutic benefits, but the combination is believed to be synergistic, being many times more powerful at healing than the sum of the two taken individually.

However, there is an important caution: never give any kind of honey to infants under about 12 months of age because honey is antiseptic and can kill off the developing delicate gut bacteria.

Remarkable Remedies To Help Healing

The Manuka honey-cinnamon combination can be used to ease the symptoms of and/or promote healing for many different ailments. The following range of mixes for different ailments is put forward by Sue Bailey of South Yorkshire, UK, in the web address <http://hubpages.com/profile/Sue+Bailey>

For the abbreviations below: 'Tbsp' = tablespoon; 'dsp' = dessertspoon; 'tsp' = teaspoon.

Anti-ageing. Boil 3 cups of water to which has been added 4 tsp Manuka honey and 1 tsp cinnamon powder. Drink one-quarter cup, 3 or 4 times a day. This tea taken regularly helps control the free radicals that contribute to the ageing process.

Arthritis. To 1 cup hot water, add 2 tsp Manuka and 1 small tsp cinnamon powder. Take twice daily. This may bring improvement with even long-term arthritis.

Bad breath. Mix 1 tsp each of Manuka and cinnamon powder in hot water, and gargle.

Bladder infections. Drink a glass of warm water into which 1 tsp Manuka and 2 Tbsp cinnamon powder have been stirred.

Colds and coughs. Mix 1 Tbsp lukewarm Manuka with ¼ tsp cinnamon powder. Take once daily for 3 days. This can ease chronic coughs and colds and reduce blockage in sinuses.

Chronic fatigue. Stir 1 dsp Manuka into a glass of water and add a sprinkling of cinnamon powder. Consume daily around mid-afternoon when energy begins to fade.

Flatulence (wind). Mix 1 Tbsp Manuka honey with ¼ tsp cinnamon powder and consume when experiencing wind.

Hair loss and baldness. Mix 1 Tbsp Manuka honey and 1



tsp cinnamon in warm olive oil to make a paste. Rub paste onto scalp and leave on for 15 – 20 minutes, then wash off. Do this daily or at least a few times a week.

Hearing Loss. Every morning consume a small quantity of equal parts of Manuka honey and cinnamon powder.

Indigestion. Mix 2 Tbsp Manuka honey with ¼ tsp cinnamon powder and consume just before a meal that might cause indigestion.

Influenza. Taking two parts Manuka mixed with one part cinnamon can ease symptoms. But keep to small quantities.

Immune System. To help strengthen the immune system, mix 2 Tbsp Manuka and ½ tsp cinnamon powder in 4 cups moderately hot water and drink 1 cup 4 times daily.

Insect Bites. Make a paste of 1 tsp Manuka, ½ tsp cinnamon powder and 2 tsp lukewarm water. Rub gently over the bite and the pain may ease surprisingly rapidly.

Pimples. Mix to a paste 3 Tbsp Manuka honey and 1 tsp cinnamon powder. Apply to the pimples and leave on for 1 hour. Wash off with warm water. Effect could be quite rapid.

Skin Infections. Mix equal parts of Manuka and cinnamon powder and apply to affected areas. Good for eczema, ringworm and skin infections in general.

Stomach upset. Mix 1 Tbsp Manuka with ¼ tsp cinnamon powder and consume after over-eating or for stomachache.

Weight Loss. Mix 2 tsp Manuka and ¼ tsp cinnamon powder in 1 cup moderately hot water. Drink 1 cup in the morning on an empty stomach 20 minutes before breakfast and again in the evening before retiring to bed. This seems to inhibit fat absorption and so aid weight loss.

Zucchini Noodles with Basil Walnut Pesto

INGREDIENTS

Noodles

4 – 5 zucchinis put through spiraliser to turn into noodles.

Pesto

2 cups fresh basil leaves
2 cloves garlic
1/3 cup extra-virgin olive oil
2 tsp fresh lemon juice
2 Tbsp nutritional yeast
1/2 cup walnuts
Sea kelp to taste

METHOD

Blend pesto ingredients, adjust to taste

Mix through zucchini noodles and serve on flatbreads, or on its own as more of a soup.



The Autumn and Winter issues of *TNH* included some great recipes with plenty of spices to warm us up. Now that spring is here, we are focussing on raw foods and the simple whole-food, plant-based way of eating that the Society promotes.

A selection of seasonal fruits for breakfast is a great way to start the day at a time that suits you. Salad for lunch and vegies with a plant-based protein for another meal can complete our nutrition for the day. A sweet treat as a dessert or snack during the day is always nice.

Do you know that there are over 130 recipes on the website?

Most of them have been published in the magazine over the years and include the whole range of eating from breakfasts to main meals and sweet treats for desserts or sharing. Some were created for serving at our annual seminars and the regular Wellness evenings that used to be held before COVID-19 appeared. Some have been provided by professionals and some by supporters of the Society.

We would love to include more recipes from NHSA members, so please send us a favourite dish with a photo (high-resolution, please) that we can publish.

Chunky oat cookies

INGREDIENTS

WET INGREDIENTS

100 gm pitted dates
85 ml boiling water
1 egg
2 Tbsp maple syrup, agave nectar or honey (to taste)
3 Tbsp coconut oil (melted), olive oil or melted butter
1 tsp vanilla essence

DRY INGREDIENTS

130 gm rolled oats
40 gm flaked or slivered almonds
25 gm desiccated coconut
1/2 cup currants or other dried fruit
80 gm almond meal
1/2 tsp baking powder
1/2 tsp cinnamon

METHOD

Preheat the oven to 180°C or 160°C (fan forced oven). Line a tray with baking paper.

Chop dates, place in a bowl with the boiling water, cover and leave to soak for 10 minutes.

Mash the dates into a paste with a potato masher or blender.

Add remaining wet ingredients and mix well.

Add dry ingredients and mix well. Divide into 8 balls and flatten on the tray into thick rounds.

Bake for 20 minutes until golden.

Remove from oven, leave to cool on the tray.



Beetroot salad

INGREDIENTS

4 sprigs fresh mint leaves
 4 sprigs fresh flat leaf parsley leaves
 ¼ red onion, peeled
 1 carrot, peeled and roughly chopped
 1 green apple, cored and cut into quarters
 400 gm fresh beetroot, peeled and quartered
 Juice 1 lemon
 20 gm olive oil
 Pinch salt and pepper to taste

METHOD

Add all ingredients to a blender and chop to required consistency.

Dress up the salad with some edible flowers and a garnish of capsicum, cucumber and chives.



Raw Mushroom Soup

An amazingly quick and tasty soup that can be warmed up to 40°C, which is a bit above room temperature, but is still raw and preserves the enzymes and other nutrients; or have it slightly warmer if you prefer.

INGREDIENTS

1 cup cashews	3 Tbsp tamari
1½ cups sliced mushrooms	1 Tbsp lime juice
½ onion (approx. 80 gm)	4 cups water
1 clove garlic	

METHOD

Keep a few of the mushroom pieces aside for garnish.
 Blend all the ingredients together to desired consistency.
 Warm up to 40 °C.
 Garnish with the mushrooms and serve.



Green salad

Nothing beats a fresh salad with plenty of green leaves. There are some great varieties readily available, and the addition of celery, cucumber and tomatoes adds some colour and crunch.

SIMPLE DRESSINGS INCLUDE

LIME-TAHINI SAUCE

2 Tbsp tahini, 1 Tbsp lime juice, 1 tsp tamari, 1 tsp honey or maple syrup to taste and a splash of water

OIL-FREE VINAIGRETTE

¼ cup apple cider vinegar, ¼ cup water, 1 tsp Dijon mustard, 1 tsp minced garlic

With any dressing add all the ingredients into a glass jar with a lid and shake well.





Covid-19 and the Wisdom of Sickness

By Dr Greg Fitzgerald (allied health), Osteopath, Chiropractor and Naturopath

DROWNING IN INFORMATION, STARVING FOR WISDOM!

Our health-care system and its operatives are replete with great and impressive technical knowledge and information. Sadly, however, this is not matched by great wisdom. If the human body's innate healing power was widely taught to doctors, and the appropriate simple methods adopted, millions of lives would have been saved during the past year and the world would have avoided the tumultuous social and economic fracturing we have witnessed since January 2020. In nature and health, simplicity is the greatest sophistication!

The majority of people have swallowed the popular but false narrative by our chief medical officers and politicians that the virus is an 'evil killer', a 'beast with tricks up its sleeve', running amok against a defenceless humanity. Our society has become paralytically fearful of not only coronavirus, but microbes generally. With the sight of spike proteins rolling across television screens nightly, virus-phobia has become the biggest star in the medical galaxy. Not only have the public been conditioned to fear the virus, but they have also been told to fear each other, even loved ones. Grieving children are forbidden to hold the hands of, or even touch, their dying parents or loved ones. The fear is palpable. Tragically, so is the insanity.

WILL THE GOVERNMENT AND MEDICAL OFFICERS KEEP US SAFE?

The media, medical profession, public health authorities and government have expertly conditioned the public to expect the cavalry to arrive and save them from the hostile enemy, which is the 'evil' virus (as NSW Health Minister, Brad Hazzard, refers to it). 'Cavalry' here refers to symptom-suppressing drugs, anti-viral medications, repurposed or off-label ('hope it works') drugs, vaccines and public health orders like masks, social distancing, incessant hand washing, quarantining and isolation, PCR testing and contact tracing.

I'm here to tell you the cavalry is not coming, because it is already here and has been present all along. Most people, including the authorities have failed to realise that the cavalry has already arrived, factory-installed in our own bodies – our immune systems.

At incalculable cost, the cavalry has been ignored by those entrusted with community health, to the world's collective detriment. Have you heard any impactful, constructive health advice given by the government or public health authorities over the past 18 months? It is as if our God-given immune systems and overall body wisdom are themselves a conspiracy theory.

OUR SYMPTOMS ARE NOT OUR FOES!

Our global public health and medical systems are failing. There is an urgent need to rethink established beliefs. We do not need better technology, nor more

doctors, drugs or vaccines. We do not need more funding. There is no need for more hospitals or research facilities. We have a goodly supply of these already for the situations where modern medicine is at its very best – in emergency situations and in highly specialised areas.

We are, however, in desperate need of a paradigm revolution. Health is not built on profligate financial investment. If it was, then the USA would be the healthiest nation on earth, as they spend far more money per capita on health services than any other country. Paradoxically, though not surprisingly, the USA has one of the worst health records in the industrialised world, having gone two consecutive years with falling life expectancy, one of the highest infant mortality rates, one of the highest obesity rates and concomitantly one of the highest hospitalisation rates in the world. The USA spends more money on drugs and symptom-suppression than any other country and yet is experiencing a chronic and acute disease emergency.

A NEW PARADIGM OF HEALTH AND DISEASE IS DESPERATELY NEEDED

We need to start looking at *life*, particularly the condition of life we call sickness, which every human has experienced to a greater or lesser degree, through a different lens. Instead of viewing our sicknesses as enemies or adversaries to life, or signs that the human body has lost control, we need to view these processes as life-defending, intelligently directed and controlled. Far from losing control, the human body manifests acute symptoms *because it is in control!* Symptoms only get out of control when we disregard

the natural order and work against our body's intelligence by suppressing them. Symptoms are not implemented by the body to harm us, but to save us. This is not a new view.

The Swiss Psychiatrist, Carl Jung, was awake to this truth when he stated: "A man is ill, but the illness is nature's attempt to heal him".

Disease is a means of saving life.

As one of the greatest thinkers in history, Dr Russell Trall, stated 160 years ago: "The symptoms of acute disease, and the recovery from that disease, are identical processes".

Illness, acute or chronic, even microbe-associated, is our body's intelligent attempt to get our undivided attention!

Animals and babies that are sick instinctively refuse to eat. They lie down and rest, and typically recover. How and why has our health care system not learned these innate survival imperatives.

THE PANDEMIC SHOULD HAVE BEEN A CLARION CALL

Sadly, a very large percentage of people in the world are in poor health. They often carry excess weight, eat a devitalised, animal-food-heavy, low-nutrient diet, are TATT (Tired All The Time), imbibe regular social poisons like alcohol and caffeine, smoke tobacco, get inadequate sleep and rest, 'soldier-on' through fatigue and pain, take a plethora of medications and have inappropriate levels of exercise (mostly too little, but sometimes too much!).

Many people engage in an undeclared war upon their bodies, and don't realise it. Such people are enervated (TATT) and live under a constant toxic handicap. Whatever illness they experience, be it acute illness or chronic disease, such diseases evolve upon the foundations of enervation and toxemia.

And then we blame a virus!

This is patently evident with COVID-19. Most of those who have sadly passed away *with* it (notice I said 'with' it, not 'from it') were in compromised health already – co-morbid, on multiple medications, were very overweight or very old and fragile. The few who have died who were not in that category were drugged, fed and symptom-suppressed in the mistaken belief that their symptoms were anathema to life. The heavens are full of such unfortunates who have perished over the centuries because of the allopathic compulsion to intervene and routinely suppress symptoms.

My friends reading this, read carefully. What will save you is the best doctor in the world: Dr YOU. Mother Nature is the

best nurse.

However, it would be churlish to argue that there is never any need for medical interventions like intubation [insertion of a tube into the airway] and some judiciously used medications in extreme cases, as there most certainly are. But on an individual level, your health and your recovery from any illness, whether acute or chronic, rests more with you and the choices you make. Your condition is more determined by what you do with you, in health and in sickness, than anything else.

Public health is never nuanced. It is cut-and-paste health advice, assembly-line medicine. But your cavalry is within you, ready to defend you, which indeed is nuanced to your individual needs and capacities. You just have to know how to best mobilise it.

PUTTING HEALTH WISDOM INTO PRACTICE

If you are experiencing a chronic illness and wish to improve your health to the best of your body's capacity, you can do no better than audit your entire lifestyle, including your nutrition, stress, work, rest, sleep, activity, social poisons, sunshine and fresh air exposure and other variables.

Do not keep doing what you've been doing, because you will keep getting what you've been getting!

As a caveat, this advice is not meant as license for anyone to eschew medical treatment. If you are experiencing an acute illness – which hopefully you will view differently now – remember what Dr Trall taught his patients 170 years ago and what the authorities did on Corey Hill in 1919 during the Spanish Flu. Biology has not changed in that time:

- 1) Do not feed it;
- 2) Do not treat it.

In addition ... *rest!* Lie down. Don't stretch or exercise at all. Keep warm, especially the feet. Open the window(s) to allow fresh air in. Do not gorge on water; just drink it when dry or thirsty. Don't soldier-on, which you will recall was the motto promoted for 20 years by the pharmaceutical industry and the Codral advertisement.

The more energy conserved, the quicker and more complete the recovery. Nothing potentiates the immune system more than bed rest and fasting when acutely sick. It is what animals and children do instinctively. And then something weird happens: the children grow into adults and think their instincts are no longer relevant.

MODERN RESEARCH BACKS THIS UP!

These Natural Hygiene [and Natural Health] principles are not part of any public health advice ... yet. In fact, the opposite is true, with symptoms being routinely suppressed in every Western country around the world.

The good news is a change in paradigm is evident. Some scientists are seeing the truth in how to best manage acute viral-associated illnesses and are bravely reporting it. Professor Stephen Hopton Cann, a Professor of Public Health at the University of British Columbia, is one such thought-leader. It is interesting to hear his interview with Dr John Campbell. The interview is so compelling that Dr Campbell admits that what he has been doing with sick patients for decades will now be discontinued.

Professor Hopton Cann states that the detailed studies he and his team have done contradict the global public health and medical advice on the treatment of patients who are acutely sick, including COVID-19 patients. The evidence shows that feeding, suppressing fevers and over-hydrating febrile patients are dangerous interventions which could increase mortality, not decrease it.

I encourage you to cast trepidation aside. With widespread hysteria and fear polysaturation at unprecedented levels, divorce yourself from this virus-phobia. Take comfort in the transformative truths of Dr Trall 160 years ago and now backed by Professor Hopton Cann. Application of this wisdom builds faith and robust health, not fear and feeble sickness.

This wisdom will never become popular, because it relies on self-responsibility. It encourages self-empowerment. Its message is: you are more powerful than you know. Your body has NOT lost control when you display symptoms, despite what Big Pharma might tell you.

Remember, there is little financial profit to be made when people adopt this mode of living. There is much less money to be made when people heed Professor Hopton Cann's advice not to feed and drug fevers.

I make no money from spending 12 hours writing this article. I do it not to dictate, but to educate. Any feedback is welcome, as it's the only return on my investment that I can appreciate.

In summary, I contend Dr Trall would be smiling at Professor Hopton Cann from his grave.

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Mushrooms can halve cancer risk

Eating mushrooms every day nearly halves your chances of getting cancer.

People who eat 18 grams of mushrooms – roughly equivalent to four teaspoons – each day reduce their cancer risk by 45 percent. It doesn't seem to matter too much which type of mushroom you eat as they all have a similar protective effect, say researchers from Penn State College of Medicine.

They're certainly a super food, especially because they contain *ergothioneine*, a powerful antioxidant that protects against cancer, and mushrooms are the richest dietary source around, said lead researcher, Djibril Ba.

His researcher team analysed 17 cancer studies that involved more than 19,500 cancer patients. Those who ate mushrooms daily had the greatest protection, especially against breast cancer, although this may be because most of the studies focused on this cancer.

Participants were eating many varieties of mushrooms. Although *shiitake*, *oyster*, *maitake* and *king oyster* had the highest levels of ergothioneine, all types of mushrooms seemed to have a similar protective effect.

(Source: *Advances in Nutrition*, 2021; doi: 10.1093/advances/nmab015)



Wireless radiation can't cause health problems – it's a myth

By Lyn McLean, Director, EMR Australia. 29th May 2021

You sometimes hear people say that wireless radiation can't cause health problems, because it's not ionising radiation, which is known to damage DNA and possibly cause cancer.

But it's not true – and this is why.

Firstly, let's take a closer look at what ionising radiation actually is. Physicist, Vic Leach, explains that "Ionising radiation – such as X-rays and Gamma rays – has wavelengths that are a billion times shorter than those used for wireless communication. And they're the same size as atoms, which means that they interact with atoms, dislodging electrons from their orbit and creating ionised molecules in air and tissue. Hence the label 'ionising radiation'."

On the other hand, non-ionising radiation – including ultraviolet (UV) light, mobile phone radiation, WiFi and 5G – doesn't have enough energy to knock electrons off atoms. However, this does not mean it's safe. There are other ways that non-ionising radiation can interact with atoms and cause damage such as cancer. Take UV light, for example. We know that it causes skin cancer.

There's a large body of scientific evidence that wireless radiation, even though it's non-ionising, can, in fact, cause both DNA damage and, most likely, cause cancer.

In 2011 the International Agency for Research on Cancer classified radiofrequency radiation as a Class 2B (possible) carcinogen and since that time much more evidence linking it to cancer has been found, including data from animal experiments such as the \$30 million dollar US National Toxicology Program and the Ramazzini Institute Italian study.

An Italian court proclaimed that a plaintiff's brain tumour, a rare nerve tumour similar to those seen in animal studies, was caused by his mobile phone use.

A recent review by Y. Choi found that 17 minutes of mobile phone use a day over a ten-year period increased a person's risk of developing tumours by 60%.

A recent review by Professor Henry Lai found that wireless radiation damages genes. Wireless radiation causes oxidative stress, which indirectly creates DNA damage, a precursor to cancer.

You'll be able to see more evidence that wireless radiation is harmful in our regular newsletter 'EMR and Health' (see link below).

So next time you hear someone tell you that wireless radiation is safe because it's not ionising radiation, you will know they are not familiar with the science on this issue.

What you can do

Limit your exposure to wireless radiation:

- Buy wired-only devices, not wireless devices.
- Measure to see what wireless devices you have in your home and how much radiation they are emitting: emraustralia.com.au
- Use our radiation-free equipment, which can be used for internet and landline phones.
- Protect your body with our new shielded scarves.

If you'd like more information, you can download our May issue of EMR and Health via our website.

If you've been sent this message by a friend and would like to subscribe to future updates, you can do that via our website.

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Kicking the gas habit: how gas is harming our health

FROM THE CLIMATE COUNCIL

Key findings

1. Unconventional gas development, including fracking, is exposing Australian communities to unnecessary health risks.

- Gas extraction and processing involves many hazardous substances including those that cause cancer, interfere with hormones, trigger asthma and contaminate the local environment through airborne pollution and wastewater.
- Unconventional gas extraction, including coal seam gas and shale gas, with or without fracking, introduces further risks to human health.
- There is growing overseas evidence of health impacts on communities living close to gas wells, including on reproductive and respiratory health.
- Evidence of negative health impacts in Australia is emerging, and while independent research, free of any ties to the gas industry, from here is limited, this is consistent with overseas studies.
- Continued expansion of gas across the country puts more Australians at risk of adverse health impacts.

2. Burning gas at home can harm our children's health.

- Far from the 'clean and natural' image that the gas industry markets, the use of gas for heating and cooking indoors carries many health risks.
- Cooking with gas is estimated to be responsible for up to 12% of the burden of childhood asthma in Australia. A child living with gas cooking in the home faces a comparable risk of asthma to a child living with household cigarette smoke.
- These risks can be reduced – but not eliminate – by better ventilation, including modern extraction fans over stoves, flues for gas heaters and other safety measures like ensuring appliances are properly serviced and opening windows.

3. Children and poorer households are at highest risk from, and most likely to be harmed by, gas production and use.

- Gas production and use poses additional risks for babies and children. At the production phase, there is mounting evidence of associations between living close to unconventional gas extraction and impacts upon early-life development. Within homes, the indoor air pollution from gas used for heating, cooking and hot water disproportionately risks children's health.
- In addition, poorer households are more exposed to the harmful effects of gas appliances: they are less able to afford proper maintenance, and more likely to be renting or living in public housing where they rely on old, poorly maintained gas appliances.

4. Gas is a polluting fossil fuel. Governments can prevent health issues and reduce harm by helping households, and the country, to get away from gas.

- While today's gas may have once been a welcome upgrade from still dirtier fuels, such as town gas, wood, coal or kerosene, gas appliances have fast become poor and polluting cousins to more efficient and healthier electric alternatives.

- Simple, practical policy steps from governments like ending mandatory gas connections for new residential developments – as has occurred in the ACT – and providing incentives that help people replace gas appliances with electrical alternatives will speed up the switch already underway and promote better health outcomes.

5. Clean energy alternatives, namely solar and wind, are the key to a prosperous, healthy future for all Australians.

- Australia does not need to rely on gas for domestic energy security or for export revenue. As the sunniest and windiest inhabited continent on Earth, Australia is blessed with some of the world's best renewable energy resources – enough to support both our own energy needs and a large renewable power export industry.
- Renewables, like solar and wind, backed by storage, like batteries and pumped hydro, now offer the cheapest sources of electricity for Australians.
- For households, shifting from gas to efficient electric appliances can save money over time and be good for our health, while reducing burdens on the healthcare system.

TAKE ACTION: Use the tool in our website to look up your state planning minister and give them a call to demand that they help Australian families, schools and businesses get off gas.

www.climatecouncil.org.au/resources/gas-habit-how-gas-harming-health/

The above was sourced by Rebecca Smith, Manager Natural Health Society





COVID-19, A compilation of news and views

A Letter To The Editor

Your anti-COVID-vaccination stance

I am rather concerned that the last three editions of your magazine have published articles that are very anti-vaccination (read sledgehammer). However, you did put in a note saying that the Society has no policy on vaccinations. My view is that with any situation in life, there are always two sides to an issue. For this reason, I wish to point out the following.

Melbourne is currently in our fourth lockdown, courtesy of a returned traveller who quarantined in a South Australian hotel for two weeks, returned to Melbourne and then tested 'positive' to the virus.

No one can claim 100 percent that they will not get this latest virus or that they will never get a cold. It has been reported that some people test 'positive' though not having symptoms, thus becoming spreaders.

Despite some concerns, my husband and I have had our first AstraZenica 'jab'. We consider this the right thing to do to protect our family and the wider community – even the 'non-vaxers'! My view is that the non-vaxers are only thinking of themselves.

I have a dear friend who had a heart transplant twelve years ago and her immunity is compromised. You could pass her in the street or the supermarket and be unaware of her situation – she doesn't wear a sign!

On a lighter note, I mostly enjoy reading the magazine and have your three books. My favourite is Hopewood *Lifestyle*, it's beautiful book.

**Dawn, NHS member, Ferntree Gully
Victoria. 31st May 2021**

Editor's Reply

Hello Dawn,

In your letter of 31st May, you raise concerns about this magazine's vaccination stance

– which are no doubt felt by some other readers. I do appreciate you taking the trouble to send in your concerns.

We take the stance that we do in order to balance the similarly 'sledgehammer' stance taken by the orthodox medical advisers, media and politicians; namely, that, apart from a one-in-a-million chance of dying from blood clotting, vaccination is the safe and effective answer to the risk of COVID-19.

Yet, none of the vaccines has had the full range of tests. Long-term testing has not been conducted in the rushed approval, which is why the TGA has only given 'provisional' approval. So it cannot be stated categorically that they are safe, yet Scott Morrison repeatedly assures us that the vaccines are "safe and effective". This can only be regarded as spin.

And if a vaccine provides effective protection, how can an unvaccinated person be a threat to a vaccinated person? If they are a threat, it can only be that the vaccinated person believes that the vaccine is not effective. I see an error of logic here.

In the 16 months since the pandemic began, the so-called experts have not said a single word about nutrition. In fact, they can't, because they have no training in clinical nutrition (as I have). If they did have training, they would know that there is an incredibly complex and intricate relationship between the nutrients in foods and the functioning of body and mind.

The best defence against virtually any infectious microorganism is a strong immune system. The strength of the immune system depends on overall high-level health, which, in turn, depends on supplying the necessary nutrients in the right proportions. This means consuming the foods for which our bodies are designed – and this is the basis of the Natural Health Dietary Guidelines.

Further, if the medical 'experts' knew of the greatest study of microorganisms ('germs') ever conducted, they would

know – as I spelled out in the Winter issue – that germs cannot and do not attack genuinely tissue (other than presumably in the case of germ warfare). The findings of this study, conducted by microbiologist, Prof. Rene Dubos, were published in a five-centimetre-thick book, entitled *Man Adapting*. Prof. Dubos declared that for germs to cause disease, the body has to be "in a state of physiological stress".

In my words, today's culture of eating, not to mention all the junk foods consumed, is sure to cause physiological stress. The first thing the medical experts should be doing is urging people to enhance the strengths of their immune systems by modifying their food intake, specifically by increasing the intake of fresh vegetables and fruits to up to three-quarters of total food intake (by weight). But, as I said above, not a single word along these lines, which could be seen as akin to professional negligence.

The ingredients in vaccines are another issue. In my recent study of the federal government's list of ingredients in vaccines, I saw protein compounds which, by bypassing the digestive system, would be likely to cause allergy (*TNH*, Summer 2015/16, pages 2 and 3). It is no surprise to me that in children and teenagers today, we have a virtual 'epidemic' of allergies and sensitivities. So with Pfizer declaring that they won't release the list of ingredients in their vaccine, this is a red flag to me. What might they be hiding?

The bottom line is that it is obviously your personal choice whether or not to vaccinate. My aim as Editor is to present facts which are missing in the assertions of the pro-vax lobby. Enabling individuals to have both sides of the issue is fundamental to their making an informed choice.

Again, Dawn, thank you for taking the trouble to express your concerns.

Roger French,
Health Director and Editor
Natural Health Society of Australia



Another Letter To The Editor

RE: origins of COVID-19 and your NHS editorial

Your magazine editorial on germs being no threat to healthy people (*True Natural Health*, Winter 2021) is fair enough as far as it goes, but it does not address the question of super-germs created by lab research (for possible use as weapons.)

In the *Weekend Australian* of May 8 – 9, 2021, the lead story was entitled, 'Virus warfare in China files'. It discussed how Chinese military scientists discussed the weaponisation of SARS coronavirus five years before this coronavirus – SARS-CoV-2 – pandemic.

A medical friend was suspicious early on about how infectious the SARS-CoV-2 virus is. Given the gain-of-function experiments in the Wuhan labs, he certainly does not rule out a lab escape as a possible origin for the coronavirus pandemic. Even the World Health Organization Director-General considers that this thesis needs more work and data as flagged in the Australian article above.

Therefore the assumption that the virus responsible for the disease, COVID-19, would or could not infect or harm healthy people is flawed in my opinion.

Two dozen international scientists signed an open letter to the WHO on March 4, 2021 calling for a full and forensic investigation of the origins of COVID-19, including the possibility of a research related accident. The letter was signed by the Australian researchers, Colin Butler, Rosemary McFarlane and Nikolai Petrovsky, and said the WHO coronavirus inquiry was compromised by politics.

Murray May, Canberra

[Thanks for your contribution Murray. Point taken – editor]

COVID did leak from a Wuhan lab

The COVID-19 virus probably did escape from a laboratory in Wuhan. A secret US intelligence report has discovered that three scientists from the facility needed hospital treatment in November 2019 for 'COVID-like' symptoms – countering the official line that the first cases happened a month later and were the result of eating produce from a fish-and-meat market.

But the discovery that the scientists from the Wuhan Institute of Virology were displaying COVID symptoms a month earlier suggests the laboratory was engineering bat viruses, and that one result – the SARS-CoV-2 virus, which causes COVID-19 – leaked from the facility, probably that November.

Around 200 scientists are demanding transparency and have called for an independent review of the evidence, especially after a World Health Organization (WHO) investigation failed to determine the origin of the virus.

Even Dr Anthony Fauci, chief medical adviser to the US President, is admitting the 'possibility' that the COVID-19 pandemic – which has so far killed upwards of 4 million people, and wrecked whole economies – was a man-made virus that leaked. He is also facing perjury charges after lying to Congress about a US funding program that was bankrolling research at the Wuhan lab.

The National Institute of Allergy and Infectious Diseases, a division of the US National Institute of Health, was funding 'gain of function' research at the lab until 2014 when President Obama banned the work. From then on the funding was siphoned through the EcoHealth Alliance, a New York-based group that researches the impact of animal viruses on human health.

The Alliance's chief executive, Prof. Peter Daszak, was also the lead investigator of the WHO team that visited Wuhan last January.

(Source: *Daily Telegraph*, May 25, 2021)

Has lockdown worked?

By Lyn McTaggart of WDDTY, 6th June 2021

We've been trawling through the data, looking at excess death rates and lockdowns in 32 countries in 2020 to see if there is a clear line between the two, which you'd expect to see.

And guess what? There isn't one – which immediately throws into question the whole policy.

Of the countries we reviewed, only Denmark recorded a lower mortality rate among those that locked down. Compared to the average five-year mortality rate, it recorded a 4.3 percent drop in deaths in 2020.

Iceland recorded a similar drop – but didn't lock down, and instead asked people to use their common sense (which apparently, they have in abundance there).

Sweden, Europe's naughty boy which was singled out for a good group kicking for not locking down, recorded a modest 1.5 percent mortality rate increase. It's worth pointing out that the five years prior happened to have lower-than-normal death rates as the viruses that happened to be circulating were more benign, and so even that rise isn't so significant.

On the other hand, most countries that locked down recorded big increases in their mortality rates: Belgium 12.2 percent, Bulgaria 12 percent, Poland 14.4 percent, Slovenia 12 percent.

<https://www.wddty.com/topic/lockdown-has-not-been-proven/>

COVID-19, A compilation of news and views continued

Vaccinated can still get infected

New South Wales Chief Medical Officer, Dr Kerry Chant, has stated:

“We urge people to be vaccinated, but a key message also is that even though you’re vaccinated, you can still get infected and be infectious”

Source: a video placed online by Vaccine Choice Australia, <https://linktr.ee/Vaccinechoiceaustralia>

Can vaccines be made mandatory in Australia?

www.health.gov.au/initiatives-and-programs/covid-19-vaccines-is-it-true/is-it-true-are-covid-19-vaccines-mandatory-in-australia

Under the heading, ‘Are COVID-19 vaccines mandatory in Australia?’ it is stated that:

Vaccination for COVID-19 is voluntary – as are all vaccinations in Australia – and people maintain the option to choose.

This will apply to any COVID-19 vaccination that may become available.

There may be circumstances in the future, however, where there may be border entry or re-entry requirements that are conditional on proof of vaccination.

COVID-19 is no random killer

By Lynne McTaggart, 7th April 2021

COVID-19 isn’t a random killer. Only people who have one of four chronic health problems are likely to die from the virus, a major new study has confirmed.

The ‘big four’ are heart disease, breathing problems, kidney (renal) problems and cancer. These risks are magnified if the person is also obese or is suffering from several of these conditions at the same time. Age also plays a part, but again only if the patient has one of the four health problems.

Researchers from the University of East Anglia reviewed 52 studies – involving more than 100,000 COVID patients – to discover that the four diseases were

common in the most serious COVID cases, either needing intensive care, ventilator support or they went on to die.

People with more than one of these chronic problems were the most likely to need emergency care. Obesity acted like a magnifier, and further increased the risk of death in those with one of the four diseases.

Lead researcher Dr Vassilios Vassiliou says the study is the largest that has so far been carried out on severe COVID cases. The research “gives us the really big picture ... it is the most comprehensive study of its kind to date,” he said.

(Source: *JAMA Network Open*, 2021; 4: e213594)

How to reset your immune system

By Lynne McTaggart of *What Doctors Don’t Tell You*

In all the fear and news obsession about coronavirus this past year, there is one rarely asked question that has loomed like an unsanitised elephant in the room:

Why is it that some people (most children and young people, for example) wouldn’t even notice if they were infected with this ‘deadly’ virus, while most others experience COVID disease as a typical cold or flu, and only a small minority, mostly the frail, elderly and those weakened already by another disease, experience a crushing battle that ends in the graveyard? What makes some so resilient and others so vulnerable?

The answer was provided by a group of scientists and doctors in a paper published toward the end of 2020 which stated simply: “A degraded/dysfunctional immune system appears to be the main determinant of serious/fatal reaction to viral infection (for COVID-19, SARS and influenza alike).”⁽¹⁾

None of the public health strategies adopted globally in response to COVID-19 tackle the underlying problem of the dysfunctional immune systems.

Instead, the *Toxicology Reports* paper⁽²⁾ noted that the public health response has rested on the usual tactics of lockdowns, masks, social distancing, pharmaceutical treatments and vaccination, repeating as often as necessary.

All these recommendations, say the researchers, are “based on the concept



that pandemics/outbreaks can be controlled/prevented while maintaining the immune-degrading lifestyles followed by much of the global population.”

What if we addressed the plagued immune system instead? It is indisputable that alcohol wreaks havoc on the immune system, for example, yet no public health agency in the world has launched massive campaigns advising people to quit drinking to help their immune system defend against the coronavirus infection.

There are also no poster campaigns warning about vitamin C and D deficiency among the vulnerable elderly, though a huge body of medical literature has documented the problem.

While public health agencies have saturated the media with messages about masks and vaccines, there are no public campaigns about the benefits of exercise, the immune system dangers of a sedentary lifestyle or the powerful natural antioxidants with potent antiviral and antibacterial activity that are being used in hundreds of hospitals.

The trouble with the tactics that evade the real problem – and increase fear and stress – is they don’t work in the long term. A weak immune system that survives one viral attack is still vulnerable to other killer diseases. A degraded immune system that is vaccinated against one virus will still be susceptible to every other virus in the neighbourhood.

As the *Toxicology Reports* researchers observed: “The only real protection against a future SARS-CoV-19 pandemic or any other viral pandemic/outbreak is the one that was demonstrated to work in the SARS, MERS and the current pandemics, and in the annual influenza pandemics/outbreaks, namely, a healthy immune system capable of neutralising incoming viruses as nature intended.”

Building the immune system has added perks, as Robert Verkerk, PhD, founding

director of the Alliance for Natural Health International (www.anhinternational.org), observes: "If you help populations improve their nutritional status and metabolic function in order to reduce susceptibility to COVID-19, you simultaneously reduce the risk of almost every single chronic and autoimmune disease."⁽³⁾

It is not a coincidence that people are more likely to get a disease as they get older. With COVID-19, for example, the risk of death increases with age from a miniscule 0.003 percent risk in those under age 20 to 0.456 percent for 60 to 64-year-olds, 3.2 percent for 75 to 79-year-olds and then shoots up to 8.3 percent for those over age 80. The average age of death normally is 78.6 in the US, while the average age of death from COVID-19 is 80 in the US and 82.4 in the UK.⁽⁴⁾

Quercetin. This is known for its antioxidant, antiviral and anti-allergic properties, all characterised by immune system stimulation.⁽⁵⁾ It is found in onions, broccoli, fruits (apples, berries and grapes), green tea and wine.

Research has shown that quercetin inhibits influenza infection, and now it's being considered as a suppressant of COVID-19 infection too.⁽⁶⁾

Among more than 8,000 drugs, natural products and other small molecules that were screened, quercetin ranked among the top five for its predicted ability to bind to the pandemic virus's infamous spike protein receptor.⁽⁷⁾ It's also been predicted to block the binding of the coronavirus to human cell receptors.⁽⁸⁾

There are no randomised, controlled studies of quercetin for the treatment of COVID-19, but it has been found safe in doses up to 1,000 mg a day for as long as 12 weeks, except during pregnancy, where questions of safety remain and research in mice suggests it may have adverse effects for the developing baby.⁽⁹⁾

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COVID-19: Ivermectin a safe treatment

By Dr Joseph Mercola, 16th June 2021

Data clearly show that ivermectin can prevent COVID-19, and when used early can keep patients from progressing to the hyper-inflammatory phase of the disease. It can even help critically ill patients recover.

Ivermectin has a long history of use as an antiparasitic, and its antiviral properties have been under investigation since 2012.

Studies have shown ivermectin inhibits replication of SARS-CoV-2 and seasonal influenza viruses, inhibits inflammation through several pathways, lowers viral load, protects against organ damage, prevents transmission of SARS-CoV-2 when taken before or after exposure, speeds recovery and lowers the risk of hospitalisation and death in COVID-19 patients.

Doctors have been told not to use ivermectin as large controlled trials are still lacking. However, once you can see from clinical evidence that something is working, then conducting controlled trials becomes unethical, as you know you're condemning the control group to poor outcomes or death. In fact, this is the exact argument vaccine makers now use to justify the elimination of control groups and giving everyone the vaccine.

The COVID-19 Critical Care Alliance recommends widespread use of ivermectin for all stages of COVID-19, including prevention.

[Ivermectin is the active ingredient in medicines that treat human and animal diseases caused by parasites (including mites, lice, nematode worms)].

Facemasks have a downside

By Dr. Joseph Mercola, 16th July 2021

Researchers analysed the carbon dioxide (CO₂) content of inhaled air among children wearing two types of masks, as well as wearing no mask.

CO₂ in inhaled air under surgical and filtering facepiece masks came in between 13,120 ppm and 13,910 ppm. The German Federal Environmental Office has set a limit of CO₂ for closed rooms of 2,000 ppm.

Younger children appeared to have the highest CO₂ values; a level of 25,000 ppm was measured from a 7-year-old wearing a facemask.

Children wearing facemasks at school have reported symptoms including shortness of breath, dizziness, headaches, irritability, fatigue and difficulty concentrating.

Warning about heart inflammation from mRNA vaccines

By Tyler Durden, 28th June 2021

www.zerohedge.com/medical/fda-adds-warning-about-heart-inflammation-covid-19-mrna-vaccines

The US Food and Drug Administration (FDA) added a warning about the risk of developing heart inflammation after the Moderna and Pfizer COVID-19 vaccines.

The Centers for Disease Control and Prevention (CDC) had reported that more cases of heart inflammation – either myocarditis or pericarditis – were found in young adults and children after they received vaccines, using mRNA technology.



The Pfizer and Moderna vaccines use mRNA technology and require two doses, whereas the vaccine made by Johnson & Johnson uses an adenovirus and requires a single dose.

Still, health officials have said that the risks of developing heart inflammation are outweighed by the vaccine's benefits.

"Additionally, the Fact Sheets ... note that vaccine recipients should seek medical attention right away if they have chest pain, shortness of breath or fluttering or pounding heart after vaccination," the agency said.

There have been more than 1,200 cases of pericarditis or myocarditis in individuals who are aged 30 or younger who have received the vaccine doses, according to the latest CDC findings last week.

For males between the ages of 12 and 17, the expected number of cases of heart inflammation following dose one using a 21-day window were two to 21. For males between the ages of 18 and 24, the expected number of cases using the same parameters were three to 34. The observed number of cases was 47.

Why full safety testing is vital

By Dr Joseph Mercola, 21st June 2021

Dr Robert Malone invented the mRNA and DNA vaccine core technology. He has grave concerns about the lack of transparency of side effects, censoring of discussion and the lack of informed consent that these bring.

Free SARS-CoV-2 spike protein is biologically active – contrary to initial assumptions – and causes severe problems. It is responsible for the most severe effects seen in COVID-19, including bleeding disorders, blood clots and heart problems. These are the same problems we now see in a staggering number of people who have received the COVID-19 'vaccine'.

The spike protein also has reproductive toxicity, and Pfizer's biodistribution data show it accumulates in women's ovaries. Data suggests the miscarriage rate among women who get the COVID 'vaccine' within the first 20 weeks of pregnancy is 82%.

Israeli data show boys and men between the ages of 16 and 24 who have been vaccinated have 25 times the rate of *myocarditis* (heart inflammation) compared to normal.

The COVID-19 injections have 'emergency use authorisation only', which can only be granted if there are no safe and effective remedies available. Such remedies do exist, but have been actively censored and suppressed.

If You've had COVID, please don't get vaccinated

By Dr Joseph Mercola, 24th May 2021

An international survey of 2,002 people found that people who had previously had COVID-19 experienced "significantly increased incidence and severity" of side effects after the COVID-19 vaccine.

Dr Hooman Noorchashm has repeatedly warned the FDA that "clear and present danger" exists for those who have had COVID-19 and subsequently get vaccinated.

At issue are viral antigens that remain in the body after a person is naturally infected. The immune response reactivated by the COVID-19 vaccine may trigger inflammation in tissues where the viral antigens exist.

The inner lining of blood vessels, the lungs and the brain may be particularly at risk of such inflammation and damage, which could lead to major thromboembolic complications.

Dr Noorchashm believes that people should be screened for SARS-CoV-2 viral proteins prior to COVID-19 vaccination, while vaccination should be delayed for people with symptomatic or asymptomatic COVID-19 infections, as well as those who have recently recovered from the virus.

Will COVID shots drive mutated variants?

By Dr Joseph Mercola, 20th July 2021

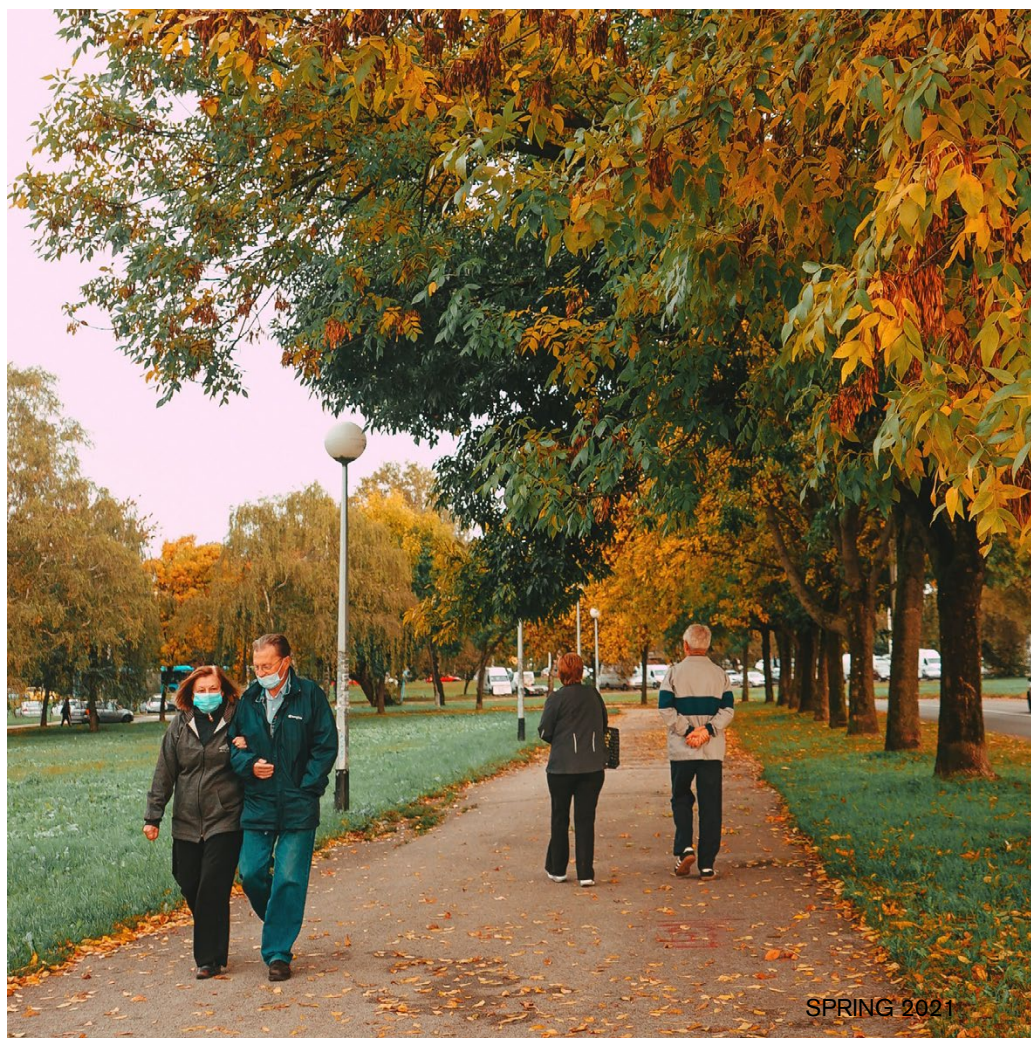
Based on the scientific evidence, the narrative that unvaccinated people are viral factories for more dangerous variants is false.

Just as antibiotics breed resistance in bacteria, vaccines put evolutionary pressure on viruses to speed up mutations and create more virulent and dangerous variants.

Viruses mutate all the time, and if you have a vaccine that doesn't block infection completely, then the virus will mutate to evade the immune response within that person. That is one of the distinct features of the COVID-19 shots – they are not designed to block infection. They allow infection to occur and lessen the symptoms of that infection.

In an unvaccinated person, the virus does not encounter the same evolutionary pressure to mutate into something stronger. So, if SARS-CoV-2 does end up mutating into more lethal strains, then mass vaccination is the most likely driver.

So far, SARS-CoV-2 variants are at most 0.3% different from the original Wuhan virus. Such minor variation means the virus will not present itself as a new virus.



Happy Feet

Naturally



By Lyn Craven, Naturopath and Bowen Therapist

Until issues arise with our feet, very few people give them much attention. If your feet are injured, bruised, cut, sore, etc., then you may have difficulty walking and experience pain; only then do most people attempt to pamper their feet.

How you place your feet on the ground reflects on all the other bearing joints above, including ankles, knees, hips, right up the spine and to the shoulders and neck.

So it is important that you purchase good quality walking shoes. Sports shoes designed for running or cross-training are not always suitable, and neutral gait shoes can be a better option. Avoid wearing thongs unless at the beach or poolside, and never for walking a distance. Avoid wearing high-heeled shoes for walking more than 3 – 4 blocks on the street or for standing for long periods.

The super-high heel now in fashion contributes to so many foot, ankle, knee and hip problems, along with low back pain. The height designed now is much higher than 20 years ago. Shorter heels for dress shoes are far better and more comfortable, yet can still look elegant.

Children should be taught to walk correctly. I see many walking like a penguin – feet out almost on the clock face of 2.50pm. Use the clock face. Walk at noon or at the very least 3 – 5 minutes either side of 12. This is important for developing bones and joints. It does not look attractive when you see women or men walking with their feet pointing out at 2.50pm! The pelvis is affected by wrong foot placement, and as you age you will discover discomfort in calf muscles, shins and knees. It is essential to correct posture

and walking early in life and always with good supportive footwear, not thongs.

Serious impact injuries can limit your movement permanently or until healed.

There are far too many disorders to consider re feet, but I do stress the need for regular foot baths. Foot baths containing Epsom salt, some rock salt and water as warm as you can tolerate are great for tired, aching feet. They help to break down rough patches, corns and bunions can reduce over time. The baths also help with tendon soreness or distortion, meaning lumpy areas under the arch where tendons may have been strained due to poor walking habits or incorrect footwear. And they can help arthritis, calculus (spurs) and nerve-related disorders, such as nerve entrapment under the heel.

Acupressure therapy along with Bowen technique can assist with alignment of ankles and feet. This gentle work and pressure in precise areas can help with many feet disorders, along with exercises to correct gait and feet placement on the ground. Certain aromatic essential oils on energy points can help on both feet and the body to rebalance. The oils penetrate through the soles and can help the entire body.

Flat feet can be helped with daily exercise to strengthen the arch, and in time slightly increase the arch.

Remember that walking at between twelve o'clock and 11.05 is ideal. Anything else can cause joint and low back problems.

Become aware of walking and swinging your leg from the hips, not from the knees and observe core and posture as you walk, with shoulders back and down in a

relaxed state. The more you concentrate on correct walking and posture, the more your body will adapt naturally.

More Examples

Pain in base of the foot can occur with overuse of various structures in the feet such as *sesamoiditis* which is inflammation of structures surrounding two small bones under the big toe joint. Also *plantar fasciitis* which occurs with overuse of ligament-like structure that runs underneath the length of the feet, often commencing with low-grade pain under the arch.

Twisted ankles due to falling, dancing, acrobatics, slipping or jumping off a high wall or step may be helped by first-aid, but if damage has occurred you require a scan to ascertain any structural damage or inflammation. Strapping may be required.

Some disorders that affect up to top of the foot

Metatarsal stress fracture, which is a hairline fracture of the longer metatarsal bones, can cause pain to develop gradually towards the middle to front of the foot.

Navicular stress fracture affects the *navicular bone*, which is one of the tarsal bones in the middle of the foot. Overuse can produce vague aching pain in the mid-foot area, which worsens with exercise.

Extensor tendonitis can be a gradual onset pain over the top of the foot. Inflammation is present and possibly some degeneration of extensor tendons running

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The Purpose of Our Soul

By Flavia Ursino Coleman



The clues are bountiful and all around. The universe whispers quietly to the soul; the pathway of life adorned with a trail of evidence of a deeply personal mission yearning for fulfilment during this life's timeframe while dwelling upon this place called Earth. Those restless stirrings often ask, "What am I here for?"

I cannot begin to tell you the number of times I have been asked this question over the decades as a spiritual advisor.

As human beings we are both tangible humans and abstract beings. Both seeking expression upon our canvas of life as part of the collective consciousness, framed by birth and death. Our abstract world governed by our conscious and subconscious thoughts and feelings in the engine-room of our co-created universe, shared with all unseen thoughts and feelings of other beings.

TASK

One night some thirty years ago, I was handed a video tape to watch. I had just stepped off a platform where I had been addressing a room of people on spirituality. Back in that day I did not believe that evil truly existed. I simply elected to believe that people were at times just downright mean to one another.

The video was called, 'Hidden Crimes by Suppress', a documentary based on undercover footage which exposed some of the most unimaginable torture

unleashed upon defenceless animals for biomedical research – and supposedly for the advancement of human health.

The following months I tossed and turned into the wee hours, my mind constantly invaded by images of the brutality conducted away from the prying eyes of the general public. "Not on my watch" I kept repeating over and over. It had come to be one of my life's defining moments. Almost overnight I had become an animal rights activist.

I'd come to understand that our soul's mission is to 'change the things that we cannot accept'.

I have since been invited to, and have spoken on, countless public platforms on how to recognise our soul's calling and how to respond. The acronym I use is TASK – Teach, Act, Spirituality, Karma.

TEACH

Teaching and learning, storytelling, imparting knowledge and searching for answers throughout our evolutionary history have all been essential not only for building, shaping and holding together families, communities and societies, but necessary for the very survival of our own species and countless other species as well.

Perhaps it's fair to say that for each of us there is information that compels us to dive deeper into its explorations. When

passing on this knowledge we come alive and our spirits sour.

I know many individuals so driven to exploring and sharing the truth that they have gone to extreme lengths for their undercover work so as to film and record the suffering and the screams of the voiceless animals in factory farms and slaughterhouses. So horrific were these places that many people still suffer post-traumatic stress decades later.

All too often whistle-blowers are shunned by societies where learning is based on memorising and repeating contemporary dogma in order to pass exams and for realising future ambitions. Individuals are taught what to think rather than how to think. Critical thinking and analysis are often met with scorn and hostility by institutions whom the public has been conditioned into revering.

There have been times throughout history which have been marred by the withholding of essential information by those seeking power and authority. From earlier times with the burning of books through to modern day censorship which many consider to be heavy handed, individuals who risk all to seek and expose deceit are often publicly shamed, fined, imprisoned or eliminated.

While ignorance may be bliss, knowledge is power, and right now the planet is crying out for powerful, knowledgeable people in order to take our world to higher evolutionary consciousness.

In the words of Brendan Kennelly in the Biblical book of *Judas* "If you want to serve the age, betray it". It falls to each of us to remember that silence is consent and that perhaps the 'pen is indeed mightier than the sword!'

ACT

Passion and integrity have characterised many powerful and inspirational figures who have shaped history as we know it. Names such as Rosa Parks – the mother of the freedom movement; Martin Luther King – civil rights leader; Nelson Mandela – anti-apartheid leader; Captain Paul Watson of 'Sea Shepherd' – vegan marine conservationist, just to name a few.

While knowledge may be powerful, that and five dollars alone will at best buy one a glass of mineral water. For any lasting impact, knowledge must be coupled with action. Sometimes massive action!

If a man has not integrity, then what has he?

SPIRITUALITY

The core of our being is constantly directed by the invisible hand of our conscious and unconscious thoughts, feelings and beliefs. Played out, both are created and co-created with ourselves and others. Its effects are experienced generationally and intergenerationally.

In order to illustrate the power of unseen forces, imagine for just one moment your world devoid of emotion, inspiration, imagination, perception and reflection. These are just a few of the invisible forces which drive our lives. They create from the unseen to the seen, or the abstract to the tangible.

Spiritual practices such as prayer, affirmations and reflection have been used by many people to help guide themselves and humanity towards a world of non-selective compassion for all beings, human and non-human alike. There are many who believe that in prayer we speak to a higher power, while in meditation we simply listen.

And what if God is love – just love? What would love do in any given circumstance? Surely love is not capable of hatred and harm to any living being? Affirmations in particular – or, in other words, prayers commencing with a gratitude of 'thank you' for a desired outcome – have been attested by many people to have enormous power in effecting events into positive manifestation.

KARMA

'Karma' simply means cause and effect. It is the sum total outcome of teaching, action and spirituality. What we sow, we reap. When we accept exploitation, cruelty and

enslavement, be it to women, children, workers or our non-human cousins anywhere, we accept it everywhere. It is encrypted into our individual and collective pool of the subconscious and shows up as our consequences.

We each drink from the same pool of joy and also the same pool of suffering.

OUR TASK

For our life's purposes to be fulfilled, we are each given individual strengths, gifts and dreams. For many of us, those early memories still linger with yearnings for expression. Each of us has talents and abilities to bring to the table. An individual may be a great listener or storyteller, inspired writer or scholar, have a grand voice or a gentle whisper to soothe a child. We may have wonderful abilities to prepare and serve food or a desire to feed the hungry. We may have enormous insights or are deeply intuitive. We may have strong, powerful bodies that can build and lift or we may be light bodied that can move swiftly in a crisis.

We all have the right skill-set to match our desires to change the things we cannot accept or wish to see manifest into a world of higher evolutionary consciousness.

ONE DAY THAT FINAL CURTAIN WILL FALL

And when our time comes and we fade into the night to return to the place from where we came, we will have left naught of ourselves but memories and the legacies of our impacts.

From beyond, we may hear the murmurs of those we have left behind. We may hear the unanswered questions. Where were you when children went thirsty and hungry? Where were you as war raged, tearing nations apart? Where were you as women and children were trafficked into slavery? Where were you when men were torn from their families so as to work in unimaginable conditions? Where were you as our oceans became acidified? Where were you as Mother Earth cried for her children as her life-giving forests were stripped? Where were you as our non-human animal cousins were brutalised at the hands of the slaughter man?

Or we might simply hear the quiet echoes of gratitude in the words, 'Thank you', for leaving behind the legacy of footsteps towards a new Earth.

And if we live well, we will indeed lay claim to the greatest of our life's mission ... 'In loving memory'.

Continued from page 33

along the top of the foot. Overuse is the main cause, as in dancers and sports players.

Problems that you can treat

The fungal infections, *tinea*, which is contagious, may be picked up if you share showers with others already infected or visit public swimming pools without wearing thongs (ideally a pair set aside just for pool use).

This fungal infection typically affects the webs between the toes, around the toes and under the length of the arch. If not treated correctly, it can spread and become open and weepy with blisters. Dry the feet with a hair dryer to ensure webs between toes are thoroughly dry.

Fungal infections can be treated by rubbing bicarb soda over feet and shaking some into clean socks. Wash and change socks daily.

Colloidal silver can be applied topically on fungal areas two to three times a day. Walking in sea water can help, along with allowing sunshine and fresh air to reach exposed feet.

Bodywork on Feet

Self-massage can be helpful, but if you have structural issues, or plantar fasciitis you require specific bodywork on the feet in the form of acupressure, chiropractic or Bowen therapy. If a problem is nerve based, acupuncture can help. But not so well for structural problems and poor gait, the latter requiring bodywork also on the lower back and pelvis.

Work on other bearing joints is also required to help such disorders. If impact injuries have occurred, work can speed up healing, and plates and screws inside will often be needed to support ankle joints.

The best advice is don't delay – aim to correct any discrepancies in your feet as soon as possible, otherwise ankles, knees, hips and spine will be affected.

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Dogs and Cats Pages



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

Surprising reasons why your dog follows you around

7th July 2021

Dogs, as pack animals, view you as their pack and usually, the leader of that pack, so wanting to be near you is partially genetic.

Herding and working dogs, in particular, are bred to stay by their human's side, but really any breed may become your shadow.

Positive reinforcement also drives the behaviour, because your dog knows that when he's around you good things happen – like food, playtime and walks.

When your dog sees you're heading to the front door, he may follow you in the hope of coming along for a car ride or walk.

Separation anxiety or an underlying health problem may also drive your dog to follow you around, but in most cases it's a normal behaviour, because he enjoys being with you.

Five factors that contribute to aggression in dogs

19th July 2021

If you've been around many dogs, you know that normal canine communication, such as growling, barking, snapping and biting, can occur both during play and aggression. This can present a challenge for us humans, because aggressive behaviour can quickly escalate to become a threat to both people and other animals.

A recently published study from the University of Helsinki shed some light on the subject, and suggests that several factors are associated with aggression in dogs, including:

- Fearfulness
- Age, size
- Breed
- The company of other dogs
- The owner's prior experience with dogs

The study showed that dogs who are fearful, older, male, owned by first-time pet parents and/or without another dog around were more likely to behave aggressively. Genetics also plays a role – some breeds are naturally more aggressive.

Fearful dogs are many times more likely to behave aggressively. And older dogs are more likely to behave aggressively than younger ones.

The researchers also found that small dogs are more likely to show aggression than mid-sized and large breeds.

Among the most aggressive breeds are the Long-Haired Collie, Poodle (Toy, Miniature and Medium) and Miniature Schnauzer.

Other findings – which align with previous findings – are that male dogs are more aggressive than females, and sterilisation has no effect on aggressive behaviour.

Oxytocin, nicknamed the 'love hormone', increases in humans when they are physically affectionate with a loved one. In contrast, vasopressin, while closely related to oxytocin, is associated with aggression in humans.

Similarly in dogs, higher levels of oxytocin are seen in the breeds least likely to behave aggressively. As in humans, dogs with high levels of vasopressin may be more aggressive than dogs with lower levels.

Studies show that loving dog-human interactions actually increase oxytocin release in dogs, and lower vasopressin levels. An added bonus is that the human oxytocin levels also respond positively.

Be alert for cane toads – One lick could be deadly

31st July 2021

Cane toads, which can be deadly to pets, are found in northern Australia and are spreading southwards.

These large toads have glands that secrete *bufotoxin*, a milky poison that acts as a defence against predators.

If your dog has any contact with a cane toad, including mouthing, chewing, licking or consuming water that the toad came into contact with, it can lead to symptoms of poisoning – foaming at the mouth, difficulty breathing, seizures and possibly death.

If your dog has encountered a cane toad and is conscious, grab a hose or use a tap to flush his mouth with running water for five to 10 minutes, ensuring that the water flows out of his mouth (not down his throat).

Get your dog to an emergency veterinary clinic immediately. If you have it, I recommend giving a high-potency dose of homeopathic *Nux Vomica* on the way to the emergency vet.

If you live in an area that has cane toads, be aware of your pet's location outdoors, especially at night, and don't let your dog sniff under bushes where toads may hide.

The Benefits of Massaging Your Dog

19th May 2021

Massage is a wonderful tool for dogs of all ages to relieve stress and anxiety, reduce pain and stiffness, increase flexible movement and promote healing after injury.

Senior dogs may first come to mind as most in need of regular massages – and it's true that massage therapy offers relief from soreness and possibly helps with cognitive dysfunction – but even younger dogs can benefit.



For youthful, energetic dogs, massage can build resilience against injury, and for dogs that have been previously injured, massage can help reduce the formation of scar tissue and increase flexibility.

Four Techniques to Massage Your Dog

- **Backstroke.** Gently stroke up and down your dog's back, avoiding the spine and putting slight pressure on either side.
- **Forehead rub.** There's an acupressure point at the top of your dog's nose that promotes calm. By applying pressure with your thumb from the top of your dog's nose, over her head and back again, you can promote relaxation and healing.
- **Thigh and glute rub.** Using gentle pressure, press both thumbs into the area and moving in clockwise circles throughout the region. This can also be used on the base of the neck, where dogs can't reach.
- **Ear rub.** Ear massage can be both calming and therapeutic. With your thumb on the inner side of the base of your dog's ear, and your index finger on the outside, make gentle strokes in an outward motion, ending with a slight, gentle pull.

Massages for special purposes

Calming a nervous dog. When your dog is nervous, such as during a thunderstorm or fireworks, try slowly sweeping your palm along the length of your dog's spine and tail, starting at the head and moving toward the tail, then repeating, taking care not to press down on the lower part of the back.

For joint stiffness and soreness, gentle compressions on a tight joint or muscle can help to relieve pain.

For a pre-activity warm-up, massage is a good idea, such as prior to any competitive or rigorous activity (including chasing a tennis ball) or even before a long walk, run or hike.

It's best to listen to your dog's cues during the massage session. If she's relaxed or even falls asleep, she's probably enjoying it, but if she's tentative,

hesitant or resists, stop the session and try again another time. Always cease any massage session if she exhibits any signs of restlessness or agitation.

If you enjoy giving your dog massages, I recommend taking a workshop or continuing education course to learn basic hands-on massage skills to maximise the benefits of animal massage.

Are dingoes dogs?

31st May 2021

Dingoes look a lot like dogs, but they're somewhere on the spectrum between wolves and domestic dogs.

The first domestic dogs landed on the Australian continent just a few hundred years ago, whereas dingoes arrived at least 4,000 years ago.

Differences between dingoes and domestic dogs include starch digestion, bonds with humans and the ability to survive in the Australian outback.

- **Starch digestion** – because domestic dogs (carnivores) have been fed grain-based diets for decades, they've developed the ability to process some starch. However, this adaptation doesn't mean a starch-rich diet is a biologically appropriate for a dog. Dingoes and wolves in the wild have very few of the genes for starch digestion.
- **Human-animal bond** – unlike dogs, dingoes have a limited ability to bond with humans.
- **Survival in the Australian outback** – dingoes are well-adapted to the environment of the Australian outback, whereas domestic dogs that are allowed to become feral do not survive well in the outback.

Dingoes are actually extremely smart. In fact, much smarter than originally thought – which could be a result of their innate curiosity. They're able to respond to human signals – something wolves can't do – and solve problems that are too frustrating for dogs.

The Feline-Friendly Mosquito Repellent, Catnip

17th June 2021

Catnip is a very effective mosquito repellent.

Catnip is a perennial herb belonging to the mint family *Nepeta cataria* and is native to Europe, Africa and Asia. Catnip plants grow up to a metre tall and have stems with heart-shaped leaves.

Catnip is best known for its *euphoric effect* on cats, but it has also long been known for its powerful repellent action on insects, especially mosquitoes. In fact, recent research shows it to be at least as effective as synthetic insect repellents, for example, DEET.

It appears that catnip and its active ingredient, *nepetalactone*, activate an irritant receptor in mosquitoes and other pests, without activating the receptor in humans. The result is that pests are averse to catnip, and humans aren't bothered by it.

Catnip oil is also an effective pest deterrent to use for dogs and cats.

News from What Doctors Don't Tell You

Beating Tinnitus – the Search for Silence

Website: www.wddty.com
Subscriptions are available
Newsletter enquiries
news@common.wddtyvip.com

Based on an article of the same name in the July/August 2021 issue of *What Doctors Don't Tell You*

The body of Kent Taylor, CEO and maverick behind the Texas Roadhouse restaurant chain, was found in a field on his Louisville, Kentucky, property in an apparent suicide in March this year. His family said the 65-year-old founder of the billion-dollar global company had taken his own life to escape “unbearable” tinnitus that had worsened drastically after he battled a COVID-19 infection.

Tinnitus, or ‘ringing in the ears,’ is the phenomenon of hearing phantom noises in your ears that are not from an external source. It can range from a sound like buzzing cicadas to whooshing wave-like effects, to something like radio static in the ears. It can pulse like the sound of a heartbeat in the head, be a low hiss like an overheated radiator or high and shrill as a dog whistle. It can come and go, be in one ear or both, change frequently or with location or be a constant din.

Tinnitus affects people’s job performance and concentration, and it can lead to anxiety, depression and impaired sleep. It frequently precedes hearing loss. Those who have it are also more likely to develop Alzheimer’s or Parkinson’s disease.

Protect your ears

Soldiers are especially at risk of the disorder. The obvious common denominator among military veterans with tinnitus is a history of exposure to the noise of explosions, which also can cause hearing loss. Loud noises can bend or break the tiny, delicate hair cells that line the spiral cavity of the inner ear (*cochlea*) – so tiny that 1,800 could fit on the head of a pin. Sound waves move these hairs, and the movement triggers electrical signals along the nerve from your ear to your brain, which interprets the signals as sound.

The sensation of lying down in a quiet room after being at a rock concert or at a loud nightclub and hearing the sound of music or thumping is a temporary sign of damage that usually dissipates, but one

recent study found the risk of chronic tinnitus was three times higher in people with consistent exposure to loud noises at work and twice as high in those with ‘recreational’ exposures.

Turn that racket down

Noel Gallagher, the lead singer and guitarist for the British rock band Oasis, told the UK’s *Daily Star* newspaper recently that he has tinnitus, which sounds like a “whistling kettle”. He believes it developed from the noise exposure in his band, and it just turned on one night like the flick of a light switch.

Young people who listen to loud music with earbuds or headphones or through mobile phones are at high-risk for ear damage.

Rule out other disease

It’s rare, but tinnitus can be a sign of an underlying naso-pharyngeal cancer, and it’s important to have this ruled out, especially if the tinnitus or feeling of fullness is in one ear and accompanied by other symptoms, including recurrent ear infections, nasal blockage or stuffiness, nosebleeds, headaches, facial pain or numbness, trouble opening the mouth and blurred or double vision.

A blood pressure check should be standard for tinnitus, hearing loss and dizziness, and a doctor’s examination should include using a stethoscope to listen to the blood flow through the arteries in your neck to check for obstruction in the carotid artery.

Infections and ear wax

A sinus or ear infection or nasal congestion from a bad cold or flu can result in fluid building up and creating pressure in the middle ear, which can lead to hearing loss or tinnitus.

Sometimes just having the ear gently flushed or suctioned to remove impacted wax can help restore normal hearing, but some people have reported that their tinnitus started after this treatment, so caution is warranted.

Some people have found that tinnitus

started when they tried to remove their earwax themselves. Cotton buds can do damage as well as compact earwax, so exercise caution if cleaning ears yourself.

A few drops of olive oil in the ear may be enough to soften wax. Warm it slightly first, apply into the ear, then put a cotton swab over the ear to prevent it from leaking out and an old towel on your pillowcase in case it does.

It’s in the brain, not the ears

Researchers at the University of Illinois found that chronic tinnitus is also linked to changes in a region of the brain called the *precuneus*, that sits near the top of the skull. They found that the brain isn’t relaxing and disengaging from surrounding stimuli, creating the potential for mental fatigue. This could explain why many sufferers report being tired more often.

Post-COVID tinnitus

Reports of people experiencing tinnitus as a lingering after-effect of COVID infection, as Kent Taylor suffered from, began to emerge early in the pandemic.


A study from the University of Manchester found that eight percent of people infected with COVID-19 experienced some degree of hearing loss, 14.8 percent suffered from tinnitus and seven percent reported vertigo.

Possible mechanisms for COVID tinnitus include direct viral infection of the inner ear or the nerves, an inflammatory attack of immune cells or antibodies on components of the ears or nerves, or the production of blood clots that partially block blood supply to the very sensitive cells of the cochlea, starving them of oxygen.

Vaccine reaction

The UK’s Yellow Card reporting system recorded 9,210 reports of people who developed ear disorders after receiving COVID shots.

These included 3,497 reports of tinnitus,



with 2,663 following jabs of AstraZeneca's COVID vaccine.

A private Facebook group called 'COVID-Vaccine-Induced Hearing Loss and Tinnitus' has already attracted nearly 700 members, who describe their sagas of ringing, buzzing or hearing loss beginning within minutes or hours and sometimes weeks after getting COVID shots – and continuing.

Alzheimer's and Parkinson's link

Tinnitus risk and severity tend to increase with age.

A team of Taiwanese researchers used health records to identify 12,657 tinnitus patients and 25,314 control people without tinnitus. They found that people with tinnitus were one-and-a-half times more likely to develop Alzheimer's disease and one-and-three-quarters times more likely to develop Parkinson's.

A possible mechanism for the relationship between tinnitus and neuro-degenerative diseases may be inflammation, which is common to many chronic disorders.

Gaining relief

For the most part, mainstream medicine has a 'you will have to get used to it' approach to tinnitus, once pressing dangers have been ruled out. Doctors suggest noise-masking techniques like white noise and fans to distract from the noise, psychological approaches like cognitive behavioural therapy to retrain the brain to accept the noise as background, or meditation to help with anxiety and acceptance.

White noise apps abound, and some tinnitus sufferers say they function best if soft music is playing in the background.

But masking the problem does not solve it, However, there are remedies that have definitely brought some people relief. Here are a few of the most popular and promising simple therapies and supplements.

Antioxidants

Researchers at the University of Athens School of Medicine found that supplementation with the antioxidant alpha-lipoic acid (ALA; 300 mg twice a day) and a multivitamin with minerals reduced the subjective discomfort and intensity of tinnitus.

Vitamin B₁₂ deficiency has also been linked to both an increase in oxidation and the development of tinnitus.

A 2018 study found that 28 percent of a small group of tinnitus sufferers had a measurable improvement after taking a multi-B-vitamin for just one month.

Another antioxidant that may impact tinnitus is coenzyme Q10 (CoQ10). A study found that tinnitus patients with a low serum level of CoQ10, who took 300 mg CoQ10 daily for 12 weeks, reported significant improvement.

Suggested daily dosages: alpha-lipoic acid 300 mg per day; multivitamin-multimineral complex follow the label instructions; CoQ10 300 mg daily

Zinc

Low zinc levels have been found to correlate with tinnitus. Nevertheless, the effects of zinc supplementation on the condition have been conflicting, with some groups benefiting more than others. In one study of elderly tinnitus sufferers with lower zinc levels, 82 percent responded favourably after supplementing with zinc for eight weeks.

Suggested daily dosage: 40 mg zinc daily

Magnesium

Research has found that serum magnesium levels of people with severe 'catastrophic' tinnitus were lower than those of healthy controls. A study of 26 patients who took 530 mg magnesium daily found they had statistical improvement after three months.

Suggested daily dosage: Make sure you are eating enough organic magnesium-rich foods like spinach or silver beet, turnip, kale, cabbage and broccoli.

Drug damage

It's not entirely surprising that vaccines could injure the ears similarly to infections, since other drugs are well-known to cause hearing disorders.

Drugs to watch out for include:

- Aspirin and nonsteroidal anti-inflammatory drugs (NSAIDs);
- ACE inhibitors and angiotensin receptor blockers;
- Antibiotics that end in 'mycin' all have a well-documented potential side-effect of hearing loss and tinnitus;
- Fluoroquinolone antibiotics;
- Beta-blockers used to treat high blood pressure.

Trigger release

A trial by an ear, nose and throat specialist at the University of São Paulo Medical School divided 70 people with tinnitus into two groups: half received 10 sessions of myofascial trigger point 'deactivation' through manual pressure, and the other half, the control group, received sham treatment. Those in the treatment group experienced diminished trigger point pain and improvement in their tinnitus.

Electric pulse treatment

A device has been developed by a group at the University of Michigan, led by a professor of otolaryngology, which pairs the sound heard by the tinnitus patient with a specifically timed electrical pulse to the head or neck. Early preclinical trials indicate that the device works to reduce the severity of tinnitus.

UK-based What Doctors Don't Tell You is a monthly magazine and an newsletter which publishes the latest healthcare news and information on complementary therapies. Its philosophy is very similar to that of the Natural Health Society. Principals are best-selling author, Lynne McTaggart, and her husband, former Financial Times journalist, Bryan Hubbard.



Why I Am Deleting All Content After 48 Hours

Dr Joseph Mercola is a licensed osteopathic physician in Illinois USA. He believes that most orthodox medications provide only temporary relief at best, and he seeks to treat the whole person, not just the symptoms.

Dr Mercola issues regular free enews-letters. His website is Mercola.com.

Today, I have the most important announcement in the quarter of a century history of this newsletter. My goal and passion has always been about supporting you and helping you take control of your health. I am beyond thrilled that there are tens of millions of people who have benefited from what I have shared over the years.

I am filled with joy and gratitude every time I travel and lecture, as invariably many people tell me how I've changed their lives by providing vital information they couldn't find anywhere else – and, even better, it was completely free.

These were the times when many of the views I presented were criticised, but that was to be expected. That was one of the great freedoms we enjoyed. We could have different views and we could speak openly about these views without fear of retribution.

But we are now in a different time. A much darker time. The silence of free speech is now deafening. Not only is blatant censorship tolerated, it is being encouraged by the very people who were to be entrusted with protecting our freedom of speech.

Never in my life, would I have believed that the sitting President of the United States would call out 12 Americans in a McCarthyism-like attack. I was placed at the top of this list.

The last week has brought a tremendous amount of reflections to me, and a lot of unacceptable threats to a company full of amazing people that have helped me support you in this journey.

By now I am sure you know that there was a recent *New York Times* article attacking me, and it was one of the most widely distributed stories in the world. The article was loaded with false statements made about me and my organisation.

The report would be laughed at if it were to be submitted for peer review. The groups that created it are funded by dark money and operated by an illegal foreign agent. The press never questioned it, but ran with their orders from above.

I can deal with the CNN crews that chase me by car while I bicycle from my home. I feel sorry for the people in the media who have to follow orders.

It is easy to dismiss the media pawns, but the most powerful individual on the planet has targeted me as his primary obstacle that must be removed. Every three-letter agency is at his disposal, and the executive powers have grown beyond what an individual American's rights can protect against.

A dissenter of medical mandates is now a target and obstacle to be removed. That's 25 years' worth of blood, sweat and tears coming down.

I can hardly believe these words are coming out of my mouth. It's a testament of just how radically things have degenerated in the recent past. However, I will continue to publish new articles, *but* each article will be available for only 48 hours and will then be removed from the website.

We are at the crossroad where change is unavoidable. We all must make choices that determine our future. To many, this looks like a war ... but what we need to find is peace. I am going to find peace through this sacrifice.

Just to be clear, *all* my content will be removed. This includes articles on:

- The Great Reset
- General nutrition
- The coronavirus
- My interviews with experts.

These will be removed to appease the individuals in power who have an arsenal of overwhelming tools at their disposal, and are actively engaged in using them. COVID-19 has activated and authorised emergency powers that have weakened our constitutional rights. Sadly, cyberwarfare and authoritarian forces are beyond our abilities to withstand, and this is now our only way forward.

Over 15,000 articles full of vital information that has helped tens of millions of people across the world take control of their health will be removed. There was a time when people could debate and respect each other freely. That time is now gone. I believe laws are best applied like medicine – locally and specifically.

Local food, local democracy – our local community strength is the best way to achieve peace moving forward, and to stop authoritarian technocracy. I also believe we are at our strongest when we can care and maintain respect for each other. This is how we can make our most important decisions in life.

Again, I will still be writing my daily articles, *but* they will only be available for 48 hours. It's up to you to download, share and repost this content. *I will not be enforcing my copyright on this information so that you may freely share it.*

Please also encourage others to read *The Truth About COVID-19*, where you will find much of the information from the past two years that people need to read to wake up and open their eyes. I am donating all earnings to the National Vaccine Information Center.

We will continue through these challenging times together, and remember this:

Your body was designed to stay healthy.

You hold in your hands the power to take control of your health.

Never let anyone take your right to health away from you.

"Science can flourish only in an atmosphere of free speech."
~ Albert Einstein

Our Wins for Animals in 2021

From the Animal Justice Party, NSW

2021 has already been a big year, with our MPs and Regional Groups securing multiple wins for animals including dolphins, monkeys, lions and kangaroos. But with so much happening for animals in NSW lately, it can be really hard to stay on top of everything – so just to catch you up, here are a few things we have achieved.

WINS SO FAR

NSW to end the use of dolphins for ‘entertainment’.

New regulations have been passed in the NSW Parliament effectively stopping any future dolphin parks from setting up in NSW and ending the captive breeding of dolphins, whales and porpoises for entertainment. It leaves Queensland as the only State in Australia still breeding dolphins for entertainment.

Regional Groups secure council support for shark net ban. Following a targeted campaign by our Regional Groups, Wollongong, Northern Beaches and Newcastle councils have all moved to ban the use of shark nets on local beaches. The more councils that come on board for a shark net ban, the more likely the NSW Government will remove all nets State-wide.

Tougher penalties for animal cruelty pass in the Upper House. The toughest penalties for animal cruelty in Australia have been passed in the NSW Upper House – complete with a lifetime animal ban for bestiality or serious animal cruelty, as put forward by Emma Hurst, MP. This new legislation includes an eight-fold increase in animal cruelty penalties. Animal abusers will now also face a fine of up to \$44,000 and/or up to 12 months imprisonment for an act of cruelty. The legislation must now pass through the Lower House to become law.

New inquiry into kangaroos and other macropods launched. A new inquiry into the protection of kangaroos and other macropods in NSW has been announced. Hearings are currently being scheduled and will be announced via the Parliamentary website soon.

Last exotic animal circus in Australia retires their lions and monkeys. Stardust Circus has formally announced that it has retired its lions and monkeys. Now no more exotic animals are being forced to perform for human ‘entertainment’ in Australia! This means we are closer than ever to ending the exploitation of animals for ‘entertainment’ in NSW.

Motion to ban the possession and distribution of animal cruelty videos passed. Emma Hurst, MP, has presented a motion in the Upper House to ban the possession and distribution of bestiality and animal ‘crush’ videos. Now that she has secured cross-party support for a ban, Emma will move forward with working with the Attorney General’s office to enact new laws protecting animals and our communities from this horrific industry.

Animals now protected by ADVOs. Ground-breaking legislation which Emma Hurst, MP, helped pass through NSW Parliament last year has become law. Now that animal abuse will be formally recognised as a form of domestic violence, animals will be included on Apprehended Domestic Violence Orders, and NSW law will now recognise the link between animal abuse and domestic violence.



WHAT'S CURRENTLY HAPPENING IN NSW PARLIAMENT?

Horse Racing Bill. Mark Pearson MP has tabled a Bill calling for an end to the cruel treatment of racehorses in the NSW Upper House. Mark’s bill would outlaw the slaughter of racehorses, ensure their mandatory rehoming, establish birth-to-death tracking, and ban whips, spurs and tongue-ties.

Puppy Farming Bill. Together with members in the Northern Tablelands, MP Emma Hurst and the President of Oscar’s Law, Georgie Purcell, delivered a petition of over 41,000 signatures to the office of Agriculture Minister, Adam Marshall, calling for an end to puppy farming.

Wombat mange campaign. After presenting at the Wombat and Wildlife Magnetism Seminar in Mittagong, Mark Pearson, MP, has launched a new campaign calling for Government action on wombat mange. Mange remains one of the biggest killers of wombats nation-wide, and is a key threat to wombats here in NSW.

Buddy’s Law. Emma Hurst, MP, is working on new legislation named ‘Buddy’s Law’, named after Buddy, a beagle-cross who endured eight years of medical experimentation. Buddy’s Law aims to defund taxpayer-funded animal experimentation in NSW, and stop your money from funding this cruel industry.

Pound reform working group. Emma Hurst, MP, has announced she will be launching a working group to address urgently needed pound reform in NSW. Emma will be bringing together politicians from across the political spectrum, rescue groups, pounds and shelters to work together for the safety and protection of homeless animals.

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These not-for-profit societies are closely affiliated with the Natural Health Society



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Web www.veg-soc.org.au

VEGETARIAN/VEGAN SOCIETY OF QLD Inc.

PO Box 146, Rochedale Qld 4123

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VEGETARIAN AND VEGAN SOCIETY (VEGSA) Inc.

(formerly Vegetarian Society of South Australia)

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Ph 0466 972 112

vegsa.org.au. info@vegsa.org.au

Veg SA News From the Archives

As mentioned in the previous issue of *True Natural Health*, VegSA has, in its archives, an almost complete set of the *Australian Vegetarian*, the Vegetarian Society's newsletter, produced from 1948 until 1990.

Many of the articles in these publications are remarkably up to date, that is, in line with current natural health ideas. The one outstanding exception would be recommendations in regard to the consumption of milk and milk products. In the early editions, people transitioning to a vegetarian diet were generally recommended to replace meat with eggs, milk and milk products.

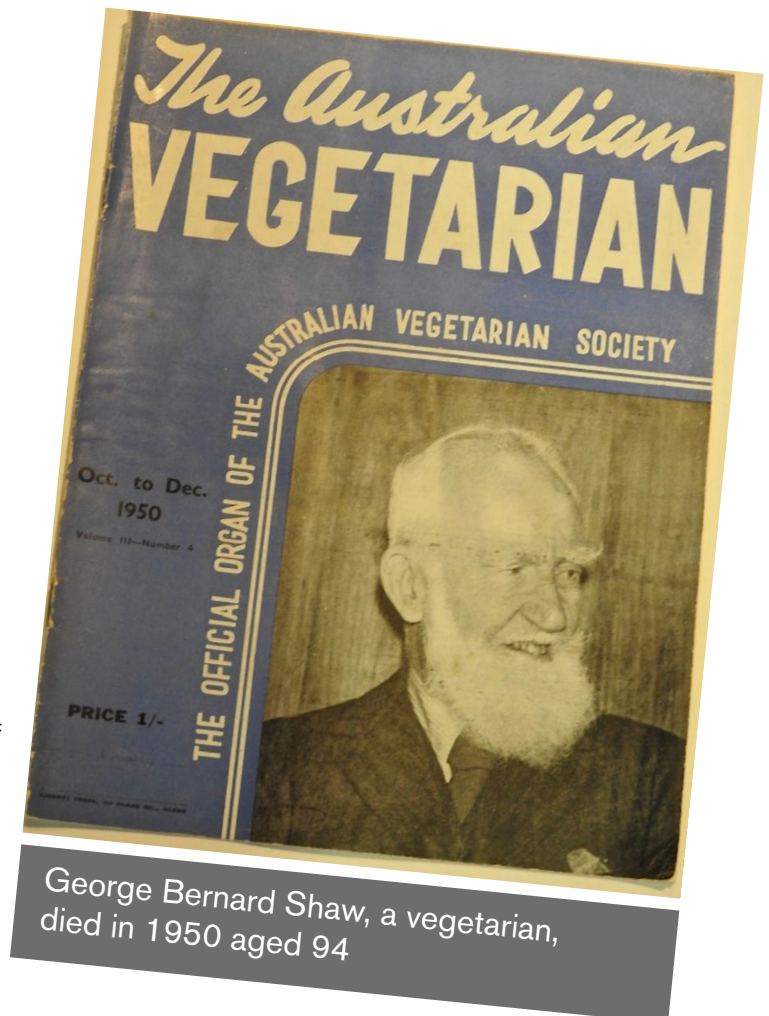
However, in Vol 2/2 (1949), Dr R. Bircher (in an article from *Der Wendepunkt* (Switzerland)) points out that the diet of 400 million Chinese peasants over 4,000 years consisted of only three percent animal products and that they consumed practically no milk at all.

In Vol 3/4 (1950) Madame Mira Louise, Founding President of the Adelaide Branch, protested at milk being given to school children, and stated that, "Cows' milk is one of the greatest disease carriers known".

In Vol 2/2, W. E. Roberts, ND, President of the Australian Vegetarian Society, offers:

Some Vital Hints For Health

1. Disease must surely grow in the body if adulterated, refined, manufactured foods and drinks are taken by child or adult.
2. Health cannot be with a person for long if all organs of elimination are not functioning correctly, that is, lungs, kidneys, skin and bowels.
3. Always use herbs instead of drugs for any sickness.
4. Exercise builds strength. Movement is vital to life, therefore exercise daily.
5. The lungs are the organs where all the vital life forces, as well as oxygen, are passed into the body and brain. They also throw off much toxic gas. Breathe more deeply.
6. 'THOU SHALT NOT KILL' means that man should not kill anything that has a brain, neither animal, fish, fowl or his fellow man, unless in last desperation to save his or another human life.



7. Remember:

'The same force that formed the sparrow, fashioned man the king.

The God of the whole gave a spark of soul to each furred and feathered thing.'

8. It is foolish to tell people to stop eating meat unless you tell them all the reasons – and give them the correct foods to take its place.

9. Always remember that a smile sends out wonderful vibrations that are contagious, but a frown helps to kill all its contacts.

Meanwhile back in SA (and the 21st century), we are recovering from our winter seven-day lockdown and cancelled events. However, we cannot help wondering how you are all coping in places where there are much longer lockdowns.

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