

True Natural Health



The Magazine of the Natural Health Society of Australia

Winter 2023



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After reading his first book on natural health in 1979, Frank Caruso read many books on natural healing using herbs. The book that he found most educational and compelling at the time was Bernard Jensen's 'Guide To Better Bowel Care'. In his book, Bernard Jensen explained step by step how to use herbs to gently cleanse your bowel and support your digestive system. This was the first time Frank realised how to use herbs to cleanse and heal. The strong message Frank took from this book was that "Good health begins in the bowel!" Frank was so captivated by the learnings in this book that he couldn't wait to start singing its praises to the world.

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In 1982 Frank opened his first health food store so that he could share his newfound knowledge with everyone who walked into his store.

After reading Bernard Jensen's book, Frank wanted to learn as much as he could about herbs and all the healing abilities associated with each herb. The more he read, the more he realised why Mother Nature has provided us with hundreds of single, amazing, beautiful herbs. Over the last 38 years Frank has read every book that he could on Mother Nature's garden of healers. It's no surprise to Frank's family and friends that in 1995 he decided to create his own range of herbal products.

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—Hippocrates

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

Welcome to our winter 2023 edition. I hope you enjoy what we have put together for you. In this edition Roger French tackles some particularly tricky member questions. If you have questions you can send them through to r.french@health.org.au with the title 'Your Questions Answered'. Although not all questions can get answered, I encourage you to make use of this great member service.

This edition also includes a profile of Naturopath Ally Sanchez. Ally, who is on the front cover, is one of our Health Advisory Panel members. The wealth of knowledge and wisdom our Health Advisory Panel holds is truly humbling, and it's great to be able to share this with our members. This July 22 the Natural Health Society will be holding our Annual Seminar in Sydney. Some of our Health Advisory Panel members will conduct a panel discussion on *The Future of Natural Medicine*. The day's keynote address will be from Dr Gavin Levy, the NSW Ambassador for *Doctors For Nutrition*. Dr Levy's presentation will be *Nutritional Information I Did Not Learn at Medical School Which Could Possibly Save Your Life*. Dr Greg Fitzgerald will talk to us about preventing Alzheimer's and premature dementia. According to the Australian Bureau of Statistics, dementia is the second largest cause of death in Australia. Dr Levy and Dr Fitzgerald's presentations will be sure to have some life-saving gems. If you are able to make it, we would love to see you on the day. Further details are available on our website and page 14 of this edition.

Happy reading and thank you for being part of our Natural Health community,

Rebecca Smith,
Natural Health Society Manager.

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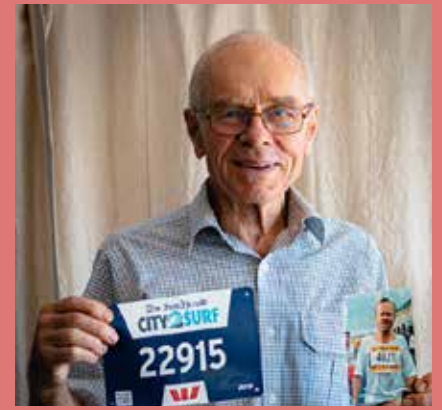
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THIS MAGAZINE WAS SENT TO YOU IN BIODEGRADABLE POLYWRAP

The Natural Health Way with Constipation, Colitis and Crohn's Disease

by Roger French



Part 1 – Constipation

The digestive system is mighty important. It enables the food that we enjoy so much to be put to good use in providing us with energy and building and maintaining bodily tissues.

The digestive tract begins with the mouth, and comprises the throat (*oesophagus*), stomach, small intestine (or small bowel), large intestine (large bowel or colon) and rectum. The small intestine comprises the *duodenum*, *jejunum* and the *ileum*. The duodenum leaves the stomach and receives pancreatic digestive juices from the pancreas. The pancreatic enzymes do much of their work in the jejunum. In the ileum, which is about five metres long, digestion may continue and the absorption of digested nutrients takes place.

Connecting the small intestine with the colon is the *ileocaecal valve* which prevents bowel matter moving backwards. At the beginning of the large bowel, the *appendix* 'hangs' off. The appendix does have functions, one of which is the production of serotonin which stimulates peristalsis. The main function of the colon is the absorption of water, causing food residues and gut bacteria to be compacted into semi-solid faeces. The rectum acts as a reservoir for faeces prior to expulsion from the body in a bowel motion.

CAUSES OF BOWEL PROBLEMS IN GENERAL

The health of the bowel is affected by many factors, including the organs, liver and pancreas, and the adequacy of the circulatory system.

Stress can have a great affect on the bowel, particularly because it reduces the circulation of blood to these organs and to the area of the intestine where food is absorbed.

What We Put in Our Mouths

A diet that is too concentrated overworks the bowel, and lack of fibre causes bowel matter to stagnate, leading to putrefaction and fermentation which can result in inflammation. Lack of fibre can cause the muscles in the bowel wall to overwork trying to push accumulated matter along the bowel. This is likely to result in loss of tone and strength of the muscles and the formation of pockets in the bowel wall, called *diverticular disease*.

Excessive alcohol intake can cause inflammation of the bowel, and the intestine can also be irritated by the products of smoking and excessive caffeine.

The cooking of food destroys its natural enzymes, causing the digestive enzyme-secreting glands to overwork and possibly develop problems of their own.

Drinking insufficient water can cause bowel matter to become too hard and dry and to stagnate, which can lead to overgrowth of the wrong kind of bacteria and inflammation. Adequate pure water is essential.

When the Bowel is Unfriendly to 'Friendly' Gut Bacteria

A normal, healthy bowel contains trillions of 'friendly' bacteria, particularly *Lactobacillus acidophilus* and *Bifidobacteria*. These bacteria digest plant fibre, releasing nutrients

from plant cells, produce important B-vitamins, and produce their own antibiotics that can kill off harmful bacteria. The main enemies of the friendly bacteria are long courses of antibiotics, high meat consumption and long-term emotional stress.

To discourage the growth of unfriendly bacteria, parasites and yeasts in the bowel, there are some foods that are best to avoid putting in our mouths and some foods that will help. Avoid refined sugar, white flour and white rice; avoid preserved foods such as ham, bacon and salami; avoid foods that are likely to be mouldy such as stale peanuts, dried fruits in which mould can be smelt, and yeast extract; avoid if possible the long-term use of antibiotics and steroid drugs.

Do eat plenty of fibre, especially in the form of fresh raw vegetables and fruits, take a fibre supplement such as psyllium hulls, and use 'natural antibiotics' such as raw garlic, onions, radishes, ginger root, chilli, lemon juice and cabbage juice. Taking supplements of living, refrigerated friendly bacteria can be extremely beneficial, and is virtually essential after a long course of antibiotics.

Weakened Digestion and Absorption

Don't overeat, as this can exhaust the digestive system. Eat only when relaxed, and not when angry or distressed. Chew food thoroughly – '26 chews for every mouthful' is right at least in principle. Avoid drinking large amounts of fluid with meals as this dilutes the digestive juices and prevents them from working properly.

If stomach acid production is reduced – which it tends to be in older people – the suggestion of Dr Sandra Cabot in *The Healthy Liver and Bowel Book*, when consuming protein-rich foods, is to sip during the meal a glass of water containing two to three tablespoons of organic apple cider vinegar plus the juice of half a lemon.

Digestive enzymes are supported by eating raw foods, because raw foods contribute their own enzymes to the job of digestion, reducing the load on our digestive organs. Some foods are naturally high in enzymes – they include pineapples (bromelain), papaya (papain), avocados, mangoes, bananas and sprouts. The last of these is a potent source of digestive enzymes.

Supplements of digestive enzymes are available over the counter. While these can be very helpful, they should not be overused because they can cause the digestive system to largely shut down its own enzyme production.

Taking psyllium hulls as a fibre supplement can be of significant benefit, because the hulls act as an intestinal broom, sweeping stagnant material along the bowel and out of bowel pockets. Psyllium hulls have a mitigating effect because they both prevent constipation and tend to firm up motions that are too loose.

How to Eliminate Constipation

Chronic constipation is akin to slow 'self-poisoning' of the system, and may culminate in health problems ranging from varicose veins and piles to bowel cancer.

Many people are constipated to some degree or other but, fortunately, there are established natural methods for restoring normal function.

Unprocessed bran is not the answer. Although bran may have its uses, there is much more to eliminating the causes of constipation than sim-

ply taking this concentrated source of fibre, which has occasionally caused serious bowel impaction.

WHEN IS BOWEL INACTIVITY CONSTIPATION?

Having a bowel motion less frequently than once a day may be constipation. Even one motion a day is inadequate for many people. An indicator of true constipation is that the faeces are usually hard and dry and possibly painful to pass. On a diet of natural foods there are likely to be two, three or more motions each day, ideally one after each meal. The act of swallowing initiates contractions which travel the full length of the intestine, reaching the rectum around a half to one hour later, in the form of slow, rhythmical contractions, which are experienced as an urge to 'go'.

Some people do remain quite healthy with only one motion every few days. For them this is normal.

Temporary constipation after a change in diet or environment is quite common and not a cause for concern. Regularity may soon return without the use of laxatives or purgatives.

When the bowel is functioning normally, there tend to be calls to nature around the same time each day, especially on rising or just after breakfast.

Abnormal function is often accompanied by other symptoms which tend to confirm constipation.

SYMPTOMS OF CONSTIPATION

First and foremost, infrequency of motions. Stools are generally hard, dry, dark in colour and passed only with difficulty. The abdomen may be distended with retained matter, and there may be headache, lethargy, coated tongue, bad breath and loss of appetite as a result of the self-poisoning – *toxaemia*.

In chronic constipation, the signs become more pronounced. Effects are also observed in the skin, which, like the bowel, is an organ of elimination. In older people, the skin tends to become yellowish and parchment-like. In younger people, acne and other eruptions may occur as the skin accepts some of the extra burden of elimination that the constipation is creating.

Straining to pass dry, hard stools tends to cause varicose veins of the anus, called *piles* or *haemorrhoids*, which are almost inevitable in chronic constipation. Although not usually dangerous, piles can itch a great deal and be very bothersome.

If there is red blood or the stools are almost black in colour, a medical diagnosis should be sought. ('Black' blood means that the blood is coming from high up the intestine.)

CAUSES OF CONSTIPATION

Lack of dietary fibre, which is the norm in a meat-eating population, is the dominant cause in most cases. Some other causes include the use of laxatives, poor bowel tone, spastic bowel, loss of appendix and poor toilet habit. These can result at least partly from lack of fibre.

Lack of Fibre

Awareness of the role of fibre began around 1975 when Dr Dennis Burkitt of the British Medical Research Council returned from 20 years research in Africa and announced that the major cause of bowel cancer is lack of fibre in the diet. In African people whose diets consisted almost entirely of fruits, vegetables and other plant foods, bowel cancer was practically unknown.

The primary function of fibre is to create bulk in the intestine and stimulate a rhythmical, muscular contraction of the intestinal wall – called *peristalsis* – which pushes food matter along the many metres of intestine from stomach to rectum. When food contains abundant fibre (for which our bodies are designed),

the interval between food matter entering the small intestine and the residue being expelled from the rectum is around six to twelve hours.

If there is too little fibre, peristalsis is sluggish and matter stagnates in the bowel, often for 24 hours or more – even up to four days. While it sits there, fermentation and putrefaction set in. In particular, the protein in meat, chicken and fish – the predominant fibreless foods in the Australian diet – putrefies and produces ammonium compounds which are highly toxic to the bowel wall and are the primary long-term cause of bowel cancer. Fundamental to this process is constipation.

Besides bowel cancer, other diseases that may arise as a result of constipation include appendicitis, diverticular disease resulting from the pressure of sludgy matter stagnating in the bowel, varicose veins from pressure on veins in the abdomen, and haemorrhoids and hiatus hernia from straining to pass stools.

Because fibre has the vital function of carrying excess cholesterol out of the body, lack of fibre can also contribute to gallstones and heart disease.

With this list of health risks resulting from its deficiency, dietary fibre needs to be regarded with great significance.

Overuse of Laxatives and Purgatives

Laxatives and purgatives – the latter simply being more powerful – stimulate the bowel through irritation, a harmful process that eventually leads to nerve exhaustion and lack of response – unless the purgative is made stronger and stronger. When this kind of medicine is discontinued, the excessive stimulation upon which the bowel has come to depend is removed, and the result is likely to be constipation worse than it was originally.

Lack of Physical Activity

The many beneficial effects of exer-

cise include promoting muscular tone in the bowel wall and physically causing matter to move along the intestine.

Lack of regular exercise contributes to poor bowel tone, weak peristalsis and stagnation of matter in the bowel.

Poor Bowel Tone

This is a consequence of lack of exercise, deficiencies of vitamins and minerals and/or the toxic effects of putrefaction and fermentation.

'Spastic' Bowel

The muscles of the colon remain in a state of spasm, usually due to deficiencies of vitamins including B₅ and B₆ and/or the mineral magnesium.

Loss of Appendix

The appendix is one of the organs that produces serotonin which stimulates peristalsis. Appendectomy, treated so casually in the past, may lead to far more harm than has been acknowledged. It is also likely that mucus is produced by the appendix to lubricate the bowel and help render the toilet process effortless.

Emotional Problems

People who harbour repressed anger and also those who can't express themselves well tend to build up tension in the bowel. Prolonged emotional problems can have pronounced physical effects in the body, including constipation.

Drinking Too Little Water

Lack of water can result in dry, hard stools. Insufficient water in the bowel commonly results from drinking too little water, or drinking liquids containing concentrated substances such as caffeine, tannin, alcohol, sugar, artificial sweeteners and food additives. These have high water demands and leave less water available for other purposes. Salt causes fluid retention in the tissues, leaving less water available for elimination.



Decreased Bile Production

Bile, produced in the liver from cholesterol, acts as a lubricant and natural laxative. Needed for bile production are nutrients that include vitamins C, E and B₆, magnesium, essential fatty acids and lecithin, while fibre is needed for its transport along the intestine.

Lack of Good Toilet Habit

When a 'call of nature' is ignored, faecal matter eventually becomes hard, dry and difficult to expel. Habitually ignoring this urge dulls the sensitivity of the bowel and contributes to constipation, creating a vicious circle by further dulling the sensitivity of the bowel.

Unnatural Toilet Posture

Squatting is the natural position for easy bowel movements. Modern toilets are too high and cause sitting instead of squatting. Sitting prevents the kink in the rectum from straightening and can be a significant physical cause of constipation.

PREVENTING

'SELF-POISONING'

Much of what is required for overcoming constipation, or its prevention in the first place, is implied from the above causes.

Adequate Fibre

The biological difference between plants and animals is fibre. All plant cell walls are made of fibre, whereas animal cell walls are made of protein and fat.

To obtain adequate fibre, our diet needs to consist mostly of plant foods. Top priority is that bulky vegetables and fruits comprise about

three-quarters of the total food intake (by weight). Their soft fibre, accompanied by a lot of water, is very effective in preventing constipation. Fruit is better eaten uncooked and vegetables are better eaten as salads or only lightly cooked, because cooking reduces the effectiveness of fibre.

For people unable to digest much raw food, lightly cooked fruits and vegetables (steamed or baked, never boiled) may be adequate. Psyllium hulls, oat bran or other soluble fibre supplements can be a helpful addition. If taking psyllium for a long period, watch for allergy, showing up as itching, skin rashes and/or worsening of irritable bowel.

Rather than meat with its lack of fibre, better sources of protein are nuts (made more digestible by soaking), cooked legumes and seeds.

Refined carbohydrates have lost much or all of their fibre, so use only whole foods. Enjoy whole-meal bread, brown rice and other wholegrain foods. Dried fruits, preferably soaked, can replace confectionery containing refined sugar.

Wheat bran, the outer coating of wheat, is the richest source of fibre available. However, its coarse nature makes it unsuitable for delicate digestive systems, and, in any case, it should not be taken in large quantities because of a risk of it impacting in the bowel. If bran is to be used, it is better pre-soaked.

Astonishingly, millions of people buy white bread from which the bran and wheatgerm have been needlessly removed, and then they purchase bran and wheatgerm like medicines to compensate for the deficiency in the bread. Refining of grains amounts to nutritional vandalism.

No Laxatives or Purgatives

Food is the only 'medicine' required in overcoming constipation. If something stimulating must be used, try rolled oats soaked in either

apple juice or water or soaked figs. Commercially available are Nulax (a packaged form of figs), Herb-a-lax, the herbal teas senna, cassia and liquorice and similar products.

Regular Physical Activity

Adequate regular exercise is important, whether it be brisk walking, running, cycling, sweeping the house, gardening or any other vigorous activity.

Improve Bowel Tone

Gradually build up a pattern of regular physical activity. Achieve adequate vitamins and minerals by applying the **Natural Health Dietary Guidelines** (see the Society's book, *How a Man Lived in Three Centuries*, Chapters 6 to 8). If in doubt about whether extra nutrients in the form of supplements might be needed, a practitioner could be consulted.

Nutrients for 'Spastic' or Irritable Bowel

Ensure adequate vitamins B₅ and B₆ and the mineral magnesium. B₅ is abundant in nuts, cabbage, cauliflower, broccoli, buckwheat, sunflower seeds, whole wheat, rye and avocado. B₆ is also abundant in these foods plus rice, bananas, capsicum and raisins. Magnesium is in good supply in green vegetables, whole grains, buckwheat, millet, nuts, legumes, figs, dates and bananas.

The source of a cocktail of minerals and vitamins is *carrot-and-chlorophyll juice*, consisting of one-third glass of carrot (and perhaps beetroot) juice plus the juice of green vegetables such as spinach, celery, parsley (small amount), cabbage, lettuce, etc. If available, the juice of wheatgrass, barleygrass or other indoor greens would be excellent.

If the bowel is irritated, eat soft fibrous foods. These include:

- Ripe pawpaw or papaya (excellent); ripe banana (very good);
- Grated apple, grapes without pips and stone fruits. Other soft fruits can be tested.

- Baked, steamed or mashed potato is good. Don't use milk and avoid the skins at first. Similarly with pumpkin.
- Unsweetened stewed fruit;
- Steamed vegetables;
- Possibly *small* amounts of natural yoghurt or unsalted cottage cheese;
- Salads pureed in a blender may be tolerated at a later stage. Raw salads and steamed vegetables may irritate initially.

Keep Your Appendix

Avoid having the appendix removed unless absolutely essential and you have sought a second opinion to verify this. If an inflamed appendix poses a threat to life, the operation would, of course, be essential.

Learn to Relax

Take positive steps to overcome emotional problems. Meditation, yoga, relaxation techniques and self-help courses are readily available. Guidance is given in *How a Man Lived in Three Centuries*, Chapter 9. How to deal with anger is also outlined.

Deep Breathing

Practise breathing slowly and deeply in order to massage the intestines and improve their tone. Avoid tight belts or underwear that might restrict breathing.

Drink Adequate Water

Drink the purest water available. Thirst is the natural guide to the amount of water required. In contrast, the common recommendation of two litres a day may be too much or too little depending on the climate, lack of activity, salty foods and other factors.

Peter Edwards relates in his book, *Happiness Is a Regular Complete Bowel Motion!*, that simply increasing his water intake solved his severe constipation problem. "One day I arose early," he wrote, "filled a two-litre flagon with water, and sat on the beach and watched the sun come up ... I struggled to get through the water, but succeeded and soon

found the need to move my bowels – and fast. It was as though the water had gone straight through me.”

Increase Bile Production

Grapefruit and *dilute* lemon juice in moderation act as natural stimulants to the liver, which produces bile from cholesterol. Lemon diluted with hot water on rising in the morning is very effective. Dandelion in small amounts is also good.

Establish Regular Toilet Habit

Re-educate the bowel to empty at least twice a day, perhaps after breakfast and after the evening meal. If there is no urge to ‘go’, allow some minutes for this to develop. Be sure not to force a motion by straining.

Never ignore a call of nature when it does occur.

Squatting Toilet Posture

Posture can be improved by placing a stool under the feet to emulate squatting, or by fully squatting using an *In Lieu* Toilet Accessory designed for the purpose (available from the Natural Health Society).

Avoid Astringents and Irritants

Avoid tannin because it is an astringent (causes contraction of tissues). It occurs in ordinary black tea and some herb teas, including sage, thyme and witch-hazel.

Iron sulphate tablets tend to cause constipation. Epsom salts and sena are irritating to the bowel.

Overeating cheese is also constipating.

Sitz Baths and Hot-and-Cold Packs

A cold sitz bath (‘sit’ bath) increases the circulation and tone in the abdomen very effectively. If vitality is low, instead have a warm sitz bath for 10 minutes and then sponge the heated area with cold water. A sitz bath involves sitting in a tub (such as a deep baby’s

bath) of water up to your navel. A hot sitz bath is enhanced by placing the feet in a bowl of cold water, and with a cold sitz bath, have the feet in hot. The upperbody *must* be warm at all times.

To relieve colic or a distended colon, hot-and-cold packs can be very beneficial – particularly when applied after massage.

Proper Use of Enemas

If there is true constipation and the bowel has not functioned for two days, an enema may be beneficial. Take extreme care to avoid damage when inserting the enema nozzle. Restrict the use of enemas to the absolute minimum so as to avoid washing away bowel flora.

In severe cases of chronic constipation, a course of colonic irrigation may be of great value if administered in a professional and experienced clinic. There will be a loss of friendly bacteria – more so than with enemas – and these should be replaced with supplements (refrigerated).

TO BE CONTINUED NEXT ISSUE.

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



We want to continue to help people live happier, healthier lives. Our aim is to become cost-neutral so we can promote the Natural Health approach for years to come.

If you would like to help us, here are some options. Whatever action you can take, big or small, we are deeply appreciative.

Donate

Some members generously provide us with donations, any donation great or small is gratefully received. You can donate via our website at www.health.org.au, call our office on 0432 396 701 or send a cheque to the “Natural Health Society of Australia” PO Box 4264 Penrith Plaza NSW 2750.

Help us expand our membership

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

Bequeath

Another way people support the Society is through bequest. It may be wise to consult a solicitor to ensure that the bequest is valid.

Don't Let Social Pressures Define Who You Are

by Clare Mann

We are born into families, institutions and cultures that have expectations of us from the moment of birth. Many parents wish for their children all the things that they never had for themselves. But they don't always stop to wonder whether their child really wants these things. In reality, because of their own socialisation, they probably don't even question this themselves. By the time a child is old enough to reflect on their parents' influence, they have already been socialised into valuing certain things in certain ways. Thus, limits have already been placed on their available choices.

The late RD Laing, a psychiatrist and author, offered original and unorthodox ways of considering mental health and illness. His ideas extended to society and the limits it imposes on how we experience our lives. He more forcibly expresses the view that limits are placed on our choices from birth by saying: "From the moment of birth, when the stone-age baby confronts the twentieth-century mother, the baby is subjected to forces of outrageous violence, called love, as its mother and father have been, and their parents and their parents etc., mainly concerned with destroying most of its potentialities. This enterprise is on the whole successful. By the time the new human being is 15 or so, we are left with a being like ourselves. A half-crazed creature, more or less adjusted to a mad world. This is normality in our present age."

Whilst Laing's views are considered

by many to be extreme, the basic tenet of his beliefs does highlight the notion that our freedom is limited by social and cultural myths. We frequently observe others when deciding how to live our lives, how to dress, how to spend our leisure time, how many hours to work, or whether or not to have children. We behave stereotypically, allowing fashion and general consensus to dictate the direction of our lives.

WHO DECIDES WHAT IS RIGHT OR WRONG FOR YOU?

Don't let social pressures define what is desirable or not in your life. You are only free if you can accept this fact. The 'identity myth' decrees that you must do what is expected, that you must live up to a certain image, and that you are odd or selfish if you don't. When you wear certain clothes, drive a certain car, or hold down a certain job purely to stay in line with others' expectations, you are allowing others to determine what you should be.

We make many attempts to break away from social expectations. However, after a time, breaking away from what we believe society, family or others dictate may also become a safe option, because they represent an institutionalised form of turning against the norm. They then become a norm in themselves.

The gap year or overseas experience from university where young people travel between study and work is

often accompanied by the claim: "Enjoy the freedom while you can; when you have a sensible job, this will not be possible." It, therefore, becomes a form of revolt within very limited boundaries. A similar cry is heard when people marry, and others say: "Enjoy your free time while you can; when children come along, you will not be able to." Few people question whether or not they want to conform to having a 'sensible' job or marriage and children, although increasingly, people are beginning to as they engage with their freedom.

Claiming freedom doesn't necessarily mean that you don't spend your time engaging in demanding work, nor that you don't have children. These activities can be rewarding for many. The point is that you fully embrace freedom, consider your choices, and make decisions with passion because this is what will bring about the state of wellbeing that you desire.

Freedom means you don't do things because they are expected of you or because everyone does them. Even the endless traveller who appears to have embraced freedom from the rat race may be colluding with other social pressures from a group with different norms and expectations.

When you allow others to convince you that you don't have the right to be different or challenge the status quo, you are denying your own identity and colluding with the identity myth.

BREAKING THE IDENTITY MYTH

The identity myth implies that you should be someone other than the person you want to be and that fitting in with others' expectations and desires will bring you happiness.

This is a myth.

Here are my top tips to help you avoid having the identity myth rule your life.

Don't allow others to dictate the direction or operation of your life.

Don't do things out of duty or obligation to others. Instead, challenge your life choices and question the amount of real commitment and choice they contain.

Respect others' identity and uniqueness. Accept and learn from those differences, while enjoying the similarities.

Do not use social norms and stereotypical expectations to judge your own and others' intentions.

Do not try to change other people's behaviour. Instead, focus on changing your reactions to them and choose the type of people you want in your life.

Be prepared to change your values and outlook as your life unfolds.

Enjoy the uniqueness of the experience and don't search for an objective 'right' or 'wrong' – life is subjective.

Be prepared to feel some anxiety when you act in ways contrary to the expectations of others. Accept that nothing works without commitment and that it is healthiest not when it is without doubt, but despite it.

People generally act to bring about physical and emotional wellbeing.

Try to act in a positive way to bring about things you desire rather than avoid things you do not.

If this resonates with you and you would like to examine how the Identity and other Myths influence your choices and freedom, check out this FREE short program via: <https://veganpsychologist.com/myths>

Clare Mann presented as a part of our last webinar series. Clare is a vegan Psychologist, Psychotherapist, trainer and author.



NEWS FROM OUR KINDRED ORGANISATION, VEG SA

By Anne Saunders, Secretary VegSA

www.vegsa.org.au

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

Discussion on Diet, Lifestyle and Disease Prevention

Following the business meeting and a shared lunch (mainly salad, sprouts and beans) at its AGM on 16th April, VegSA members listened to a presentation by Kevin Uren, BSc, on *Diet, Lifestyle and Disease Prevention*. Kevin recently completed a Bachelor of Health Science (Nutrition & Exercise) at the University of South Australia. Members were keen to hear what is taught in this course, compared to the sources that VegSA members often draw on: The Natural Health Society and *True Natural Health Magazine*, Doctors for Nutrition, Physicians Committee For Responsible Medicine, etc.

Kevin is particularly concerned about how people can change their diet and lifestyle to improve their health. Considering that "60% to 70% of the Australian population is overweight or obese and ... lacks health literacy,"

Australia is facing a major health crisis. This crisis is complicated by the persuasiveness of big business advertising and the medical profession's extensive reliance on drugs to treat chronic disease rather than helping with lifestyle changes.

The website: www.eatforhealth.gov.au was suggested for the current Australian Government health guidelines. While this site contains a lot of information, it is limited in its recommendations. For example it gives virtually no alternative to the consumption of meat, eggs and milk. Although it emphasises the need to limit sugar and fat intake, the menu items suggested look very conventional.

A section on eating out does give some helpful hints for people wanting to take control of what they eat: <https://www.eatforhealth.gov.au/eating-well/tips-eating-well/eating-away-home>

Kevin, who has suffered from chronic illness in the past, is keen to understand what prevents people from making changes to improve their health. To better understand this, he is now studying for a Bachelor of Psychology at the University of South Australia.

YOUR QUESTIONS ANSWERED



BY ROGER FRENCH

If you have a question, please send it to rfrench@health.org.au

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

Q. HYDROGEN WATER:

Consuming molecular hydrogen is catching on currently. How is it done and is the procedure safe and a net gain for the body?

– R. S., Wallacia NSW

A. This is a new and interesting subject.

In summary:

- Limited studies have demonstrated hydrogen water to have potential antioxidant, anti-inflammatory and anti-ageing benefits.
- Accordingly, it may be used as a supplement to help ease inflammation and reduce oxidative stress.
- Hydrogen water can reduce the side effects of cancer therapy and may play a role in disease prevention.
- It is not associated with dangerous side effects and is considered safe.

Molecular hydrogen (H²) therapy research has flourished since a landmark publication in *Nature Medicine* in 2007 revealed the antioxidant and cell-protective effects of hydrogen gas.

What is Hydrogen water?

Hydrogen water is regular drinking water infused with hydrogen molecules. A normal water molecule comprises two hydrogen atoms and one oxygen atom bonded (tightly) together.

The idea behind introducing hydrogen water is that adding more hydrogen molecules to water can cause effective absorption of hydrogen by the body. This is in contrast to water itself, where the hydrogen atoms are tightly bound and are not available for use in the body.

Manufacturing companies sell hydrogen water in bottles or cans, and it is also possible to purchase hydrogen tablets that can be placed in drinking water. Alternatively, there are machines which produce hydrogen water at home.

What does molecular hydrogen do?

Molecular hydrogen (H²) is a non-toxic, colourless, odourless and tasteless gas. It has the lowest molecular weight of all the elements.

Molecular hydrogen has some clinically valuable properties, most importantly antioxidant and anti-inflammatory properties. The antioxidant advantages include the fact that it selectively scavenges free radicals while preserving essential reactive oxygen and nitrogen species. It readily diffuses across cell membranes into cells, reaching even into the mitochondria, and can penetrate the blood-brain barrier, providing unique clinical applications.

Hydrogen in hydrogenated water selectively binds with oxidising chemicals – which produce damaging free radicals – in the body to prevent their accumulation and so prevent harmful excessive oxidative stress. This in turn reduces inflammation in injured tissue.

Molecular hydrogen is superior to some key antioxidants, including vitamins C and E. Pollution, drugs, toxic man-made chemicals and even our body's normal biological processes are all examples of what causes oxidative stress. Prolonged oxidative stress can cause damage to cells, leading to the development of diabetes, cancer and many other chronic diseases and plays a role in

the ageing process.

The therapeutic effects of oral molecular hydrogen have been demonstrated in organs and systems which have the underlying conditions of ischemia [lack of blood] injury and the predominant diseases caused by free radicals. These include the central nervous system, cardiovascular system, lung, kidney, liver, pancreas, skin, eye, bone and reproductive system.

Hydrogen gas has been found to have anti-tumour properties in several cancers, including lung cancer, in which it can either reduce the side effects of chemotherapy and radiotherapy or suppress the growth of cancer cells altogether. It can also help protect the liver from chemotherapy-induced damage.

Studies of molecular hydrogen for human patients have revealed promising benefits in a range of diseases, including inflammation of the heart lining (the pericardium), Parkinson's disease, acute cerebral ischaemia, metabolic syndrome, rheumatoid arthritis, dialysis and psoriasis.

Are there any side effects of hydrogen water?

A limited amount of research into hydrogen water therapy has shown it is well tolerated, does not affect bodily processes and generally does not have side effects. Giving it a seal of approval, the US Food and Drug Administration (FDA) generally recognises hydrogen water as safe to drink.

Further, molecular hydrogen has no cell toxicity even at high concentrations, which ensures its safety

YOUR QUESTIONS ANSWERED

By Roger French continued...

compared to the other gases. However, the amount and frequency of the hydrogen supplementation required to reap its benefits has not been determined by studies. Hence there is not a standardised dose, so the concentration of hydrogen in commercial hydrogen water differs from brand to brand.

Alkaline water vs. hydrogen water

Alkaline water tests alkaline to varying degrees, while hydrogen water is regular water with hydrogen gas dissolved in it. As with hydrogen water, alkaline water also has claimed health benefits for detoxification and anti-ageing, but these also need to be supported by more research. Neither is known to cause significant adverse health effects. However, if intake of artificial alkaline water is prolonged, this is believed to affect stomach acidity and could interfere with the digestion of food.

Sources

Lei Huang, *'Molecular hydrogen: a therapeutic antioxidant and beyond'*. <https://pubmed.ncbi.nlm.nih.gov/28217294/>

Healthnews Team, *'Molecular hydrogen water: Is it beneficial?'*, March 14, 2023.

<https://healthnews.com/nutrition/healthy-eating/molecular-hydrogen-water-is-it-beneficial/>

Q. ACTIVATED CASHEWS

Can you answer as to why it is so difficult to get ordinary cashews rather than activated ones. They seem to be slightly more brown in colour, and I wonder whether there is still nutrition in them. Years back, there were no activated cashews.

– J. D., SA

A. Activated cashews have been readily available in shops for only a few years.

A website gives the details for how to activate cashews at home; it

shows us how it's done: <https://letnaturebethedoctor.com/recipes/activated-cashews/>

1. Dissolve salt in filtered water.
2. Soak cashews in the salt water for five to six hours (no longer; they will become slimy and have a strange taste if soaked for too long).
3. Drain through a colander. Spread on a stainless steel baking tray or alternative baking tray with baking paper laid down first.
4. Place in a warmed oven at low temperature, around 110C for approx. 12 hours.

Another website recommends 66C, which would presumably require a lot longer. Turn the cashews occasionally and remove from oven when completely dry and crisp. Store either in an air-tight container or in the freezer. They are delicious to eat straight from the freezer or else defrosted.

Yes, the nuts seem to be slightly more brown because of the roasting.

Is activating cashews a good idea?

Not really. As with almost all foods, the less heating the better, especially involving these temperatures which are high enough to destroy all the natural enzymes that are present in nuts when they are truly raw.

But cashews are not truly raw, because even the so-called 'raw' cashews have been heated. This occurs during extraction of the kernel from the shell.

Raw cashews in their shells contain a chemical called *urushiol*, which is poisonous. This toxic substance can seep into the kernels. After removal from the shells, the *urushiol* is destroyed by roasting the nuts at high temperature or steaming them or boiling in oil.

All nuts contain enzyme inhibitors which is nature's way of preventing them rotting before conditions are right for germination. However, they also inhibit to some degree our own digestive enzymes, causing us to miss out on some valuable nutrients. The salt is necessary to neutralise the enzyme inhibitors.

Some minerals can also be rendered less available by phytic acid which is present at low-ish levels in cashews. This can cause us to feel bloated and nauseous.

Other activated nuts are great, not only because they are free of enzyme inhibitors or phytic acid, but they do contain more readily available nutrients. The process of activation initiates germination, which has a similar effect on nutrients as does our digestion, so activated nuts are easier to digest – but not so with cashews; because they are devoid of enzymes, sprouting cannot commence.

Reiterating, activating cashews amounts to little more than a process of light roasting. They are still much healthier for us than the standard fully roasted, salted nuts. Finally, a word on cashew nutrition.

Cashews are nutritious – they are rich in fibre, unsaturated oils and plant protein. They are also a good source of copper, magnesium and manganese.

They are rich in antioxidants in the form of carotenoids and polyphenols. They may help with weight loss. Their high fibre, protein and oil contents can increase the feeling of fullness and help reduce hunger. Nut-rich diets have been consistently shown to benefit heart health. Cashews appear to help lower blood pressure and triglycerides (fats in the

blood).

Cashews may help protect against the development of type 2 diabetes due to their low sugar and high fibre contents.

Q. SARCOPENIA – MUSCLE LOSS AS WE AGE:

I think that information about sarcopenia is interesting. Can it be tweaked to fit in the Natural Health Society Dietary Guidelines? I am surprised at the amount of protein that older people require.

– M. S., Wallacia NSW

A. People with sarcopenia have severely reduced muscle mass and strength, to the point where they have trouble with everyday tasks. The word, 'sarcopenia', comes from the ancient Greek for 'a poverty of flesh'.

Diagnosis.

Sarcopenia is diagnosed based on three criteria:

1. Low muscle strength – the person may have difficulty with everyday tasks, such as standing up from a chair or climbing stairs.
2. Low muscle mass – a health professional can assess this simply by observation.
3. Poor physical performance – a physiotherapist can identify this using tests such as a five times sit-to-stand test, where they measure how long it takes to rise from a chair five times.

Causes.

In practice, insufficient protein in the diet and lack of strength training exercise.

Amount of protein.

The Recommended Daily Intake (RDI) of protein in Australia and the United States is 0.8 gm (pure) protein per kilogram of bodyweight per day. As examples, for a 60 kg person, the RDA is 48 gm protein; for an 80 kg person, the RDA is 64 gm.

The Natural Health guideline for protein food is around 80 – 150 grams

daily according to the size of the adult (this is food as served on the plate, not pure protein). Many foods besides those that we label 'protein-rich' also supply some protein. Here are the approximate sources of protein in the NH guidelines:

Protein-rich food

80 gm @ 20% protein = 16 gm

Grain foods

120 gm @ 10% protein = 12 gm

Sugary dried-fruit concentrates

60 gm @ 5% protein = 3 gm

Water-rich vegetables

500 gm @ 2% protein = 10 gm

Fresh fruits

500 gm @ 1% protein = 5 gm

TOTAL PROTEIN SUPPLIED = 46 gm

For protein-rich food quantity of 150 gm, protein supplied = 30 gm

THEN THE TOTAL PROTEIN SUPPLIED = 60 gm

Because the various protein-rich foods contain widely differing levels of protein, having a large variety of protein foods should cause the amounts to balance out and meet the above approximate requirements. Variety will also supply the nine essential amino acids, the building blocks of protein.

In the standard modern diet, the range of protein-rich foods is legumes, nuts, seeds, eggs, cheese and flesh foods. In a broadly plant-based way of eating, the protein foods are legumes, nuts and seeds with perhaps small quantities of free-range eggs and unprocessed cheese. In an all-plant food – vegan – way of eating the protein foods are exclusively nuts, legumes and seeds.

Now back to sarcopenia. As we age, one of the most pertinent changes that occurs is loss of muscle mass.

Development of sarcopenia.

Therapists called '*be mobile Physiotherapy*' explain how sarcopenia comes about and what we can do to prevent it. Much of the following is based on their article, entitled, '*Use it or lose it! – What is sarcopenia?*'.

As we get older, our bodies become anabolically resistant. Anabolism is the process of building up tissues including muscle, so increased resistance to this process – resulting from hormonal changes – makes it much more difficult to retain or build muscle.

Anabolic resistance is hardest hitting for those who are largely sedentary, explains *be mobile Physio*. This is because physical activity, in particular resistance training, is one of the best ways to build and retain muscle.

Physically inactive adults lose around three to eight percent of their muscle mass per decade after the age of 30, and this process accelerates after age 50. So a sedentary person at age 80 can expect to have lost around 40 – 50 percent of the muscle mass they had at age 20. This is sarcopenia. It is not a normal part of ageing, but is quite prevalent.

Sarcopenia results when the factors that cause muscle breakdown (catabolic) are greater than those that cause muscle build up (anabolic). Some of these factors are:

Anabolic factors (build muscle)

- Resistance training (that requires muscle contraction);
- High dietary protein intake;
- Hormones which promote muscle build-up.

Catabolic factors (break down muscle)

- Sedentary lifestyle;
- Low protein intake;
- Inflammatory diseases;
- Drugs such as chemotherapy or glucocorticoids (a type of steroid hormones involved in regulating protein metabolism).

YOUR QUESTIONS ANSWERED

By Roger French continued...

Another feature of sarcopenia is 'marbling', in which fat has infiltrated muscles and makes them less effective.

Adverse effects of sarcopenia.

Sarcopenia takes a massive toll on an individual's energy capacity. This is the energy that a person has for their everyday tasks. If getting out of a chair is a maximal effort, this will take a lot more out of someone who has sarcopenia. The same can be said for showering, cleaning, cooking, doing the groceries, playing with grandchildren, etc.

Another big impact of sarcopenia is on our physiological reserve. For example, when someone is hospitalised due to an injury or illness, they tend to lose muscle mass and strength rather rapidly. If someone is sarcopenic, they only need to lose a tiny amount of muscle to give up what independence they had left, making it much more likely that they will end up in a care facility, rather than their own home.

Last and certainly not least, sarcopenia is a strong indicator for risk of cardiovascular and cancer deaths.

How to avoid sarcopenia.

We need to regularly practise resistance training and increase the intake of protein above normal quantities. Resistance training should be at least two strength-based sessions per week, challenging all the major muscle groups through a full range of motion. Basically, the more weights we do, the more muscle we build (within reason). And as *be mobile Physio* says, 'If you don't use it, you lose it!'

For protein, continues *be mobile Physio*, the evidence suggests that older adults should consume between 1.2 and 1.6 gm protein per kg of lean body weight, which is far

greater than the RDI of 0.8 gm. So a 60 kg person should be aiming to consume between 72 and 96 gm of protein each day, and an 80 kg person between 96 and 128 gm. But these quantities would require very large serves of protein food. (Note: People with chronic kidney disease who are sarcopenic need professional guidance).

Another source, Frank Sabatino, DC, PhD, of the *US National Health Association*, writing in *Health Science, Winter 2023*, suggests a more modest RDI of protein of 1.00 – 1.50 gm, or, as an international group suggests, 1.00 – 1.20 gm. For a 60 kg person, 1.00 gm per kg would require increasing the quantity of protein food in the Natural Health guidelines to at least 150 gm daily or at least 75 gm in each of two meals. For an 80 kg person, at least 125 gm in each of two meals.

Note that assimilation of protein is more efficient for small serves rather than one huge serve in the day. An overriding factor is that the amount of any food is limited to what your stomach is capable of digesting. If you find that the protein food sits in the stomach for a long time, perhaps a supplement of digestive enzymes might help. I suggest that you sense what is right for your stomach.

Q. HYPONATRAEMIA – SODIUM DEFICIENCY:

My brother is about to have a hip operation, but was told that he has sodium deficiency, and needs to overcome this before the surgeons can operate. Previous tests had also found deficiency of sodium, for which he was told to take sodium tablets. Why does sodium deficiency occur? Why has it caused the operation to be postponed?
– S.C., Macquarie Hills NSW

A. Called hyponatraemia, sodium deficiency is rare in a population where salt (sodium chloride) is almost universally consumed, and widespread problems are due, not to deficiency, but to excess sodium, especially high blood pressure.

Hyponatraemia affects about one percent of the hospital population.

Your brother's hyponatraemia would make the operation potentially dangerous, as you can see from the symptoms below. These symptoms alone are bad enough, but the added physiological stress of a major operation could apparently dangerously exacerbate them.

Much of the following information is based on *The Internet Book of Critical Care* By Josh Farkas, 25th June 2021.

CAUSES

Low sodium in the blood.
Or excess of water relative to sodium in the bloodstream.

DIAGNOSIS

Hyponatraemia requires a laboratory diagnosis.

SYMPTOMS

Severe

- o Seizure
- o Delirium, coma, herniation
- o Neurogenic pulmonary oedema (lung fluid retention)

Non-severe

- o Nausea, vomiting
- o Headache
- o Mild confusion
- o Dizziness, gait instability
- o Tremor, multifocal myoclonus
- o Hyperreflexia, muscle cramps

Pseudo-hyponatremia (serum sodium is not actually low). Due to triglyceride [blood fat] levels high. Or protein levels high.

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Rare scenarios where water intake greater than sodium intake, which dilutes the sodium concentration and shows up as hyponatraemia:

- o Very rapid water intake (for example, water loading prior to a drug screen).
- o Excessive beer intake with reduced solute intake.
- o Elderly patients who eat a 'tea-and-toast' diet.
- o Anorexia (low intake of sodium as well as other minerals).

Low volume hyponatraemia (where there is a decreased volume of circulating blood).

Non-renal (kidney) losses include:

- o Vomiting, diarrhoea, gastric tube drainage.
- o Haemorrhage.
- o Sweating, burns.

Renal losses

- o Diuretics (especially thiazides).
- o Increased or excessive production of urine.
- o Adrenal insufficiency (late).
- o Cerebral salt wasting (some people with brain disease lose sodium and water through urine, leading to low blood sodium and volume).

Hyponatraemia with normal sodium stores, but excess free water:

A condition where sodium concentrations in the blood are abnormally low due to the excess water. This can cause nausea, vomiting, fatigue, headache or confusion. Can be dangerous or life threatening if untreated. Urgent medical attention is usually recommended. Requires lab test or imaging. Can last several days or weeks.

Adrenal insufficiency

[SIADH – Syndrome of inappropriate antidiuretic hormone secretion]
A condition where the body produces excess antidiuretic hormone leading to water retention and low sodium levels.

- o Medications including Vasopressin (used to treat diabetes insipidus, bedwetting, haemophilia A, von Willebrand disease and high blood

urea levels), NSAIDs, chemotherapy agents, some psychiatric drugs, opioids.

- o Ecstasy (MDMA).
- o Malignancy (especially small-cell lung carcinoma).
- o Neuro-psychiatric disorders (virtually any).
- o Severe respiratory failure.
- o Pain or nausea (especially post-operative or due to extreme exercise, especially running marathons).

Oedematous states (high volume hyponatremia due to fluid retention).

- o Heart failure with low cardiac output.
- o Cirrhosis (severe scarring of the liver).
- o Nephrotic syndrome (pass too much protein in the urine).
- o Renal failure can cause this, if severe.

TREATMENT

Treating hyponatraemia naturally

For mild condition, reduce fluid intake. Also consider drinking rehydration beverages, which contain electrolytes and help replenish sodium lost through sweating. Even try fresh orange juice. Some sodium-rich foods are sea kelp, silverbeet, celery, tahini, beetroot, carrot, honeydew melon, dried figs, broccoli, English spinach.

Treating hyponatraemia medically **Intravenous sodium**

For severe, acute hyponatraemia, aggressive treatment is necessary. Options include intravenous fluids in which a sodium solution is administered to slowly raise the sodium levels in the bloodstream. This requires a stay in the hospital for frequent monitoring of sodium levels, as too rapid a correction can be dangerous.

Oral urea (aquaresis)

Oral urea is emerging as a front-line therapy for SIADH. The kidneys will excrete any added urea via the urine along with water. Thus, oral urea administration

forces the elimination of water from the body.

Oral urea has been used for SIADH hyponatraemia for decades in Europe. Recent studies have confirmed that oral urea is safe and effective.

However, there are contraindications for using urea therapy.

Heart failure treatment

Heart failure can cause profound hyponatraemia, but rarely. If it does, it is usually chronic and is not life-threatening. The best approach is often to provide no specific therapy for it, but to focus on therapy for the heart failure.

Cirrhosis treatment

Cirrhosis rarely causes severe hyponatraemia. If it does, it is usually chronic and not a life-threatening process. The best approach could be to do nothing.

Potassium chloride administration

Administering potassium chloride – instead of sodium chloride – will increase the sodium concentration just as much as would sodium chloride. This conundrum occurs because the potassium enters into the cells of the body and causes the exit of sodium from the cells, resulting in a rise of blood sodium levels. In fact, oral potassium has a surprisingly significant impact on sodium levels. However, failure to consider this effect of potassium chloride can cause an unexpected over-correction of hyponatremia.

Pitfalls

- Remember to implement restriction of free water for all hyponatraemic patients (at least early on, while the 'dust is settling')
- Patients with symptomatic hyponatraemia should be treated with hypertonic fluid (either three percent saline or hypertonic sodium bicarbonate.) Don't use normal saline here, as this may exacerbate their hyponatraemia.
- If the patient's sodium level rises too quickly, they may seem to have tolerated it well at first, but later develop problems with nerves.

The Internet Book of Critical Care is an online textbook written by Josh Farkas, an associate professor of Pulmonary and Critical Care Medicine at the University of Vermont, USA.

Natural Health Society 2023 Annual Seminar



Join us on Saturday, July 22 to learn from experts in the Natural Health field.

The Natural Health Society's 2023 seminar will be held at Sydney Mechanic's School of Arts near Town Hall in Sydney. We have collected together a group of experts in Natural Health to inspire and inform us on the day. Dr Gavin Levy, NSW Ambassador for Doctors For Nutrition will provide our keynote address, *Nutritional Information I Did Not Learn at Medical School Which Could Possibly Save Your Life*. Dr Greg Fitzgerald will present, *Preventing Alzheimer's and Premature Dementia- What You Need to Know!* There will be a panel discussion on *The Future of Natural Health*. Between presentations, we will serve a vegetarian lunch.



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



Dr Greg Fitzgerald has been the Principal at the Health For Life Centre since 1983. Greg has presented at National and International forums including; the Australian Osteopathic Association's Annual Conference and the American National Health Association's Annual Conference. As part of his mission to educate, Greg has conducted many seminars and health programs, for professionals and the public alike.



Roger French has committed his life to the promotion of the principles of Natural Health. Roger is the Patron of the Natural Health Society and spent decades as our Health Director. Roger authored the Society's complete guide to natural health - *How a Man Lived in Three Centuries*.



Ally Sanchez is a Herbalist and Nutritionist with close to 20 years of clinical experience. Ally is a cancer survivor and has a deep knowledge of herbal therapeutics, juicing and fasting therapy. Ally provides training in natural health on many topics. Her *Home Healer* course empowers people with the skills to support their health naturally at home.



Candace Coughlan is a Certified Integrative Nutrition Health Coach, Digestive Health Specialist, Culinary Nutrition Expert, Instructor and Wellness Advocate. Candace coaches individuals on their health goals, leads online group programs, gives wellness workshops to individuals, corporations and organisations, teaches online and in-person culinary nutrition cooking classes as well as runs wellness days and retreats both locally and internationally.



Giselle Cooke has practised holistic and integrative medicine since graduating in medicine from the University of NSW in 1979. Giselle has trained in functional medicine, traditional chinese medicine, western herbalism, nutrition, ayurveda and recently completed PhD studies on the microbiome and fertility.

Come learn and support your natural health community, we look forward to seeing you there!

Saturday, July 22.

Tickets \$65 members / \$69 non-members

Book online at www.health.org.au or call 0432 396 701

NHSA Webinar Series



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



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

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



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

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



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

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

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



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

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



Candace Coughlan: Thursday, October 12 at 7.30pm AEDT
“Food for Vitality”

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

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

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

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

Where There's Smoke... There's Carcinogens

by Murray May

Access to clean air is a fundamental, but sadly often overlooked, part of living a healthy life. The following is a letter from one of our members, Murray May, inspired by their experience of wood smoke from wood heaters in the ACT.

The NSW Chief Health Officer Dr Kerry Chant has previously stated that wood heaters are so detrimental to health they should be banned and phased out in built-up urban areas. As someone who has worked long-term in environmental health, I agree. Below are summary points on this issue, mainly taken from two papers by air quality expert Dr Dorothy Robinson at UNE (references listed over page, open access and downloadable).

Wood smoke is a cocktail of carcinogens and particulates such as PM2.5 that can damage health in many ways, e.g., reduced functioning of the immune system, increased risk of heart attacks, strokes, lung diseases, various cancers in adults, blood and brain cancers in children, aggravation of asthma, the list goes on.

Very small airborne particulates lodge deep in lung tissue. PM2.5 and smaller are now recognised to be particularly health hazardous. There is no safe level of exposure to this form of particle pollution.

Health costs of domestic wood heating in NSW and Vic are estimated to be in the billions of dollars over ten years. This is equivalent to thousands of dollars in health costs per wood heater per year.

Encouraging residents to operate heaters correctly or replace old wood heaters with newer ones has rarely achieved any significant reductions in PM2.5 pollution. The overall conclusion was that improved emissions standards, education to improve wood heater use and retrofitting

catalysts were ineffective in reducing pollution. In contrast, removing wood heaters was highly effective.

Wood smoke impacts neighbours and can also be a risk to wood heater users themselves indoors, from smoke spillage from the wood loading door, and via open windows and gaps. Fine particles trapped under low-level temperature inversions on cold nights can easily produce overnight indoor pollution from a neighbour's wood heater.

Research on the attitudes of wood heater users shows that many have little awareness of, and a reluctance to acknowledge, the harmful effects of wood smoke. The 'warm glow' factor overrides scientific facts about harm. Prospective purchasers are even being told wood heaters benefit the environment.

More people are becoming interested in learning about local air quality, using low-cost air pollution sensor technology (citizen science). I bought a device to monitor PM2.5 pollution at the time of the 2020 bushfires when smoke enveloped Canberra and the region. Various websites monitor and report on air quality across Australia. There is often a long lag between knowledge of harm and effective public action. This was clearly seen in the cases of asbestos, and also smoking in public venues, offices, cafes etc. Wood heating bans are increasingly likely as time goes on, given the strong evidence about harm. Wood smoke is considerably more carcinogenic than cigarette smoke.

Heating the average ACT home with a wood heater causes significantly more global warming emissions than gas central heating. Now there is a trend away from gas as well towards electrification. Robinson suggests heat pumps have superseded gas for cost-effective heating in Australian cities, causing less or no greenhouse gas emissions depending on the power source.

[EDITOR'S NOTE: Gas heating is also associated with significant health risks as detailed in the Climate Council's report *Kicking the Gas Habit: How Gas is Harming our Health.*]

In the ACT, the Government's Wood Heater Replacement Program gives rebates of \$750 to \$1,250 for replacing a wood heater with an efficient electric reverse-cycle air conditioning and heating system. These have lower running costs than buying firewood and contribute less to global warming emissions. Some Australian States e.g. Victoria have similar rebate programs to transition to cleaner energy.

In March 2023, the Office of the Commissioner for Sustainability and the Environment in the ACT, released its report *Can Canberra 'Burn Right Tonight' or Is There 'No Safe Level of Air Pollution'? An Investigation Into Wood Heater Policy in the ACT.* The report details the environmental and health impacts of wood heaters. Below are noteworthy quotes from the report.

"PM2.5 is one of the most important pollutants in wood heater smoke. When breathed in, PM2.5 goes deep into the lungs, enters the blood

and travels throughout the body. The body responds to PM2.5 by activating several immune and stress response systems which have many different effects. These include, for example, increases in eye, throat and lung inflammation, increases in immune cells and proteins in the blood, increases in the tendency of blood to form clots, increases in blood glucose and cortisol levels, and more stressed cardiovascular functions, such as reduced heart rate variability.

Breathing PM2.5 from any source, including wood heater smoke, also has long-term health impacts. PM2.5 is one of many factors that promote the development and worsening of chronic diseases. For example, higher yearly average levels of PM2.5 is linked with higher rates of cardiovascular diseases (e.g. heart attacks and strokes), respiratory diseases, diabetes, cancer, changes in cognitive abilities, lower birth weight in babies and increases in rates of some pregnancy complications.

Wood heaters produce methane and black carbon which exacerbate climate change. In principle, the production and use of firewood can be carbon dioxide neutral. This, however, only occurs if the carbon dioxide emitted is fully accounted for by replacement trees, and it has been

shown that this is not the case in Australia. This is particularly the case for jurisdictions such as the ACT, where grid-supplied electricity is renewably sourced."

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Canadian Guidance Recommends Reducing Alcohol Consumption

The risk of health harms from alcohol is low for people who consume two standard drinks or fewer per week, but it's higher with greater consumption, according to new guidance from the Canadian Centre on Substance Use and Addiction. "Drinking less is better," says the guidance, which replaces Canada's 2011 *Low-Risk Drinking Guidelines*.

Developed in consultation with an executive committee from federal, provincial, and territorial governments; national organisations; three scientific expert panels; and an internal evidence review working group, the guidance presents the following findings:

- * Consuming no drinks per week has benefits, such as better health and better sleep, and it's the only safe option during pregnancy.
- * Consuming one or two standard drinks weekly will likely not have alcohol-related consequences.
- * Three to six drinks raise the risk of developing breast, colon and other cancers.
- * Seven or more increase the risk of heart disease or stroke.
- * Each additional drink "radically increases" the risk of these health consequences.

"Alcohol is more harmful than was previously thought and is a key component of the health of your patients," said Adam Sherk, PhD, a scientist at the Canadian Institute for Substance Use Research at the University of Victoria, British Columbia, and a member of the scientific expert panel that contributed to the guidance. Reported in *Medscape Medical News*, he continued, "Display and discuss the new guidance with your patients with the main message that drinking less is better."

Peter Butt, MD, a clinical associate professor at the University of Saskatchewan in Saskatoon and co-chair of the guidance project, told *Medscape*, "The World Health Organisation has identified over 200 ICD-coded conditions associated with alcohol use. This creates many opportunities to inquire into quantity and frequency of alcohol use, relate it to the patient's health and wellbeing, and provide advice on reduction."





RAW Recipes

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

Hearty Raw Soup

Ingredients:

Carrots, sweet potato, parsnip, turnip, swede, beetroot.
Fresh ginger and turmeric.
Fresh herbs (parsley, oregano, basil...)
Spices to taste
Avocado

Method:

Juice carrots, pour into blender.
Peel root veg, chop into small chunks and add to blender.
Slice ginger and turmeric into blender.
Add spices, blend together to desired consistency.

Add portions of avocado to thicken and make smoother.
Pour into bowls, chop herbs and sprinkle on top just before serving.

Good for your heart, good for your health!



Raw Carrot Dill Soup

Ingredients:

Carrots, avocado, dill

Method:

Juice carrots, pour into blender. Add portion of avocado to make smooth.
Add chopped dill and blend till smooth.

Pour into bowls and sprinkle with chopped dill just before serving.



Almond or Zucchini Raw Hummus

Ingredients:

3 cups soaked, drained and rinsed almonds or chopped zucchini.
½ cup tahini
1 tsp black pepper (or dehydrated papaya seeds)
1 cup fresh basil, parsley
2 chopped garlic cloves
2 tsp cumin
¾ cup coconut oil
½ cup lemon or lime juice
1 cup water

Method:

Blend or grind almonds fine, add remaining ingredients less ½ the water. (Or if using zucchini just process with remaining ingredients less ½ the water.)
Add remaining water slowly while blending until creamy consistency.
Taste and adjust seasonings if desired.

Serve with veg sticks for energy replacement after exercise.

Dragonswood Conscious Living Retreats



Dragonswood Retreats are offered in a home environment for you to experience the joy of living a conscious healthy lifestyle that will make a difference to your health and wellbeing, because, you are worth it!

Dragonswood comprises five tranquil acres surrounded by National Parklands in Queensland's Sunshine Coast Hinterland, where you can immerse yourself in the lush gardens and fruit orchards, wander amongst the dragons in the quiet woodland, have a cool swim in the natural dam, listen to the birdsong, watch the wild birds feeding and splashing in their birdbaths, glimpse the visiting wildlife, relax and enjoy the beautiful view, spectacular sunsets and incredibly clear night sky.

Dragonswood Conscious Living Retreats are personalised in that you receive personal health consultations, daily raw vegan food preparation and all meals, running/hiking training and/or exercise routines and organic gardening demonstrations. During your stay we are available to share our experience and knowledge.

The retreat is designed to give you hands-on experience of living a conscious raw vegan lifestyle in a home environment that you can implement in your own home on return.

Dragonswood can provide accommodation for 1 to 6 persons in the in-house guest room and a self-contained apartment. The minimum retreat is 3 days/3 nights, maximum stay is 2 weeks and you choose your stay from available dates.

Dragonswood Retreats include:

- * Accommodation
 - * Daily food preparation and all meals
 - * Personalised health consultations
 - * Organic gardening demos
 - * Exercise routine demonstrations
 - * Use of our exercise equipment
 - * Use of our far infrared sauna
 - * On site swimming
 - * Optional excursions to local markets and/or hiking trails
 - * Use of our extensive book and DVD Library
 - * Discounts on Janette's books and our film – RAW the documentary
- An inspiring cinematic film that redefines what you think is possible!
- * You also receive a printed lifestyle program which includes recipes

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

Raw Grated Salad

Ingredients:

Carrot, zucchini, cucumber, beetroot, greens, fresh herbs, red cabbage.

Method:

Grate and toss together with chopped or whole fresh herb leaves:

Parsley, basil, oregano, dill, etc.

Add chopped greens and thinly sliced cabbage.

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

Dressing:

1 Tbsp tahini, juice of 1 lemon or lime, ½-1 cup water, 1 avocado.

Smash avo and mix together with other ingredients, adding water to desired consistency.

Mix through salad and serve immediately.
This is a great pink salad!



All photos by Janette Murray-Wakelin

Hypotension

By Lyn Craven



What is hypotension?

Hypotension is a lower-than-expected pressure in the arteries. Some people experience a healthy life with low BP.

However, it could be a major concern if extremely low and therefore depriving oxygen to the brain. This is also very important for those with degenerative eye disorders, such as macular degeneration and glaucoma including those with damage to the brain or other brain disorders.

As a guideline, low BP may fall into the following ranges:

Less than 90 mm Hg systolic and/or less than 60 mm Hg diastolic BP.

However, I have met with some people who have had readings much lower than these, and this needs to be addressed. One case was undetected breast cancer.

Symptoms of hypotension include:

- Dizziness
- Light-headedness
- Fainting
- Blurry vision
- Loss of focus
- Fatigue or feeling low energy and tired
- Headaches and migraines
- Dehydration and feeling unusually thirsty
- Lack of clear thinking and mental clarity

Postprandial hypotension

Postprandial hypotension (PH) usually occurs after a meal. Up to a third of older people experience PH. Digestion requires system coordination of the nervous and circulatory systems to reroute extra blood to the stomach and small intestine. The heart beats faster and blood

vessels that draw blood away from the digestive system narrow. These two actions maintain blood pressure and blood flow throughout the body. In some people, the heart and blood vessels do not respond as they should causing BP to decrease everywhere except the digestive system. This sudden drop in BP contributes to feeling light-headed or dizzy. Some people can fall, faint or even experience chest pain (angina), disturbed vision and nausea.

How to help offset symptoms of PH

Eat smaller meals since larger meals are more likely to trigger PH.

Drink a glass of water before eating. Avoid refined carbohydrates since they pass quickly from the stomach to the small intestine. Eat proteins, whole grains, legumes and healthy fats/oils.

On average BP is lowest 30 to 60 minutes after a meal. You could try sitting and relaxing for 30 to 60 minutes after eating to avoid PH. It is not good to lie down after eating – this can affect the digestive process. If you must move around, take care with any signs of low BP.

Medical Treatment

The underlying cause should always be addressed, otherwise, seriously low BP cases may require hospitalisation. You would also be encouraged to drink more water.

Can medications trigger low BP?

Various medications/injections can trigger low BP. Medications given for Parkinson's disease can sometimes lower BP. Blood pressure medications, diuretics, some anti-depressants and blood thinners can lower BP in some people. If you are on any

pharmaceutical medication and start to feel lightheaded or dizzy, either check your BP yourself or go to a pharmacist/GP. Some medications work well for some people but not all people so it's a case of fine-tuning by the GP for your individual case.

Other causes of low BP

Thyroid imbalance, pregnancy, stress, dehydration, blood loss, severe allergic reactions such as anaphylaxis shock, endocrine imbalances (hormones), trauma, poor nutrition, B12 deficiency, heart valve conditions and disease and very low heart rate (bradycardia).

Natural Therapy Treatments

The underlying cause must be treated and that would vary from person to person. Herbal and homoeopathic formulas may be helpful in naturally increasing and stabilising BP. Formulas and dosage may need individual titration.

Bowen Therapy, acupuncture and acupressure can help balance the body. Meditation is excellent for stress, anxiety and sleep issues and can be useful for low and high BP. Daily exercise can be helpful to balance blood pressure, walking is often a good place to start.

Get active and find something you enjoy. Walking, team sport, dancing, pilates or yoga can be good options depending on personal abilities. I do not recommend head stands for managing blood pressure. If your hypotension is genetic, be thankful you are slightly lower than higher. People tend to live longer with acceptable low BP than with high BP. Variance with everything. Textbook stats are simply a guide with 120/80 being classed as normal for BP – then slightly higher for people over 60.

Case example:

I have a patient that has seen me for over 16 years for many issues. Her BP was always very low. We would work with herbal remedies for a while and

then allow her body to have a break.

You do not take herbal remedies every day ongoing, you must always have a break. This pause again varies with every person, remedy and disorder that you may be treating. At 79, this lady leads a reasonably active/social life despite her issues with knee joints. Her BP pretty much hit the roof after receiving a vaccine and due to arterial fibrillation occurring. She was given beta blockers, diuretics and blood thinners. Thankfully her cardiologist was able to gradually cease all her medications as her blood pressure had stabilised. Since she tends to hypotension, we will continue to monitor this and I will provide support with herbal remedies to prevent dizzy spells, lightheadedness and brain fatigue as needed.

Genes chase us and we cannot get rid of them but we can manage disorders quite well and avoid things deteriorating. It is advisable not to play around with medications when it comes to the heart, whether they are pharmaceutical or natural.

I have met with people who wanted to come off their BP medications and work with herbal remedies. This is not possible if you have been on the meds well past a year.

Even then I would never interfere with any prescribed conventional medication from a doctor. Natural remedies are best prescribed as soon as you observe an imbalance with the BP, that way there is more chance of maintaining balance with herbs, diet, lifestyle and exercise.

Lyn Craven is a practitioner of Naturopathy, Bowen therapy and Reiki/ Energy therapist, meditation teacher and corporate health consultant. She is also a health researcher and writer and has produced a meditation CD for stress, anxiety and insomnia. She runs a private practice in Sydney and can be contacted for an appointment on 0403 231 804.

Phone consults are also available.
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Dear Members

The Natural Health Society of Australia has been teaching people how to live healthy productive lives since 1960 – that is 63 years. We still have members who were around in the early days of the Society. I joined a bit later but even I have been a member for 50 years this year. A friend introduced me to the Society in 1973 when she came to stay with me just after my mother had died of cancer. She brought magazines and books she had bought from the Natural Health Society. I devoured them eagerly and a little sadly. If only I had known this information before my mum passed away. I wondered if it could have made a difference.

I subscribed to the Society immediately and have been a member ever since. I lived in Brisbane when I joined and soon there was a Brisbane Branch where I could attend monthly meetings. This was fantastic support for a young mother. There were other young families there as well and our children had the benefit of meeting other children whose lifestyles were different from the average at that time.

Fifty years down the track, the world has changed dramatically. Young people get most of their information online – and there is a huge amount of information about health to be found there. However, it is not so easy to sort the useful from the dodgy. And there is the constant presence of those who are influenced by Big Pharma who deride anything that doesn't have the imprimatur of the orthodox medical profession.

The message of the Natural Health Society has not changed in the last 63 years. It is based on the experience of the doctors who were the founding fathers of the Natural Hygiene movement in the United States in the middle of the nineteenth century. And although that may seem old-fashioned, these principles have stood the test of time and have been supported by scientific research throughout the twentieth and now twenty-first centuries.

The support you provide through membership subscriptions, event sales, donations and Society shop purchases is vital. Our National Committee and Finance Team have pared back expenses quite extensively over the last year or so. Our commitment to stay true to our principles will always make generating income difficult. As our Founders knew, even though it is incredibly important, there is little to no money to be made by encouraging people to take control of their health and follow a Natural Health lifestyle.

In a step towards cost-neutrality, at the end of June, we will be concluding our legacy discount code. Since starting the legacy discount code for long-term members three years ago the costs associated with delivering a printed magazine have significantly increased. We have been absorbing this cost for as long as we can, however, many memberships processed with the legacy discount currently lose the Society money. This is clearly unsustainable, and although we are committed to providing value for all our members and deeply appreciate our long-term members, we can not afford to absorb these costs beyond this financial year.

I hope you will continue to support us as we strive to bring you the best information through our magazine, our webinars and gatherings.

Yours in Natural Health,
Elizabeth French
President, Natural Health Society

True Natural Health p.21



Annibalism

A book excerpt by Dean Rees-Evans, MSc.

All Round Good Health

“When people ask me why I don’t eat meat or any other animal products, I say, ‘Because they are unhealthy and they are the product of a violent and inhumane industry.’”
Casey Affleck (1975–)

Positive mental health is essential if we really want to help the world. It is crucial to understand, as it has been suggested from the wise of the past, that if we hate others (for whatever self-justified reason), it is identical to drinking poison and thinking the other person is going to die. Ultimately, all we really achieve is suffering for ourselves, and nobody wants to suffer unnecessarily. It is important to note here that we don’t need to suffer, just because the animals are suffering. We need a clear mind and a plan of action for the living of our lives in a compassionate way.

If we feel true compassion for our cousins in the animal kingdom, then our lives should be a testament to finding a solution, and not to be bogged down in grief and despair at what we see and hear. If we really wish to make changes in the world we must be the example in every way possible, like the ancient Greek male citizens of the Polis who needed to be statesman, orator, poet, warrior and compassionate family man, all in one. We cannot and must not meet violence with violence - it can only end badly if we follow that path.

To quote the political slogan by Jerry Garcia: “Constantly choosing the

lesser of two evils is still choosing evil”, and that is what we are endeavouring to get away from. We cannot create great change in this world of suffering, with evil intent. As the world’s most notable scientist Einstein suggested in a letter to his daughter: the power of love, on which the entire universe is based, will always win out. It is after all the greatest power we know.

The Wonderful Power of Thought

“A man is but the product of his thoughts. What he thinks, he becomes.”
Mahatma Gandhi (1869–1948)

The only way we can truly see the steps that are required in order to bring about great change is by understanding how our thinking creates our individual reality. If we remain in an angry state, we must recognise that this anger is coming from the way we are seeing things from our perspective, and ultimately our thinking about them. In other words, the anger is not coming from the violence we see enacted in the world against animals and other humans; that which we abhor. It is coming from our view of these circumstances.

Anger and violence stems from thinking about the world, not from the world itself. Only when we see this clearly can we be set free to come up with the long-term solutions to these violent problems. As Zoe Weil, educator, writer and founder of the Institute for Humane Education suggests, we must become ‘solutionaries’ (a term I believe she coined). It is much,

much harder to become a solutionary if we are down in the dumps in our spirits.

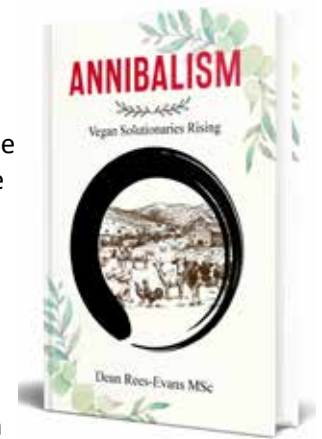
It is one thing to be informed about the abuses we wish to change and quite another to spend our time dwelling in the horror of it all. I would like to suggest that we really do have a choice here.

I am not advocating a practice of denial, but moreover, a practice of calm, and meaningful action towards the end of this unnecessary barbarity. We can’t choose the thoughts that enter our head, but we can choose which ones we give energy to, which ones we decide to focus on. And if we decide to keep thinking about all the pain and suffering in the world, we must expect to feel pretty low.

Of course it is important to acknowledge that we can all feel low at times, and that is why it is so important to rest, recuperate and take care of ourselves in whatever way we can during these times. Love, compassion and companionship can also add great value during tough times.

It will be from a perspective of love and understanding that we make progress, not by reliving the horrors we know take place daily. Otherwise, all we do is keep drinking the proverbial poison of our own creation.

Peace is a far superior force that will drive us to do great things in this world, with all its ups and downs and its violent sufferings. One of the greatest examples in history of non-violent activism is from Gandhi who inspired and led millions of people in a peaceful revolution to regain full independence for India back from the controlling forces of Britain. He may well not have been a perfect human being, as we all have



our imperfections, so let us carry the message of hope that he created in millions, and use that as our baton of hope for the animals and the wild spaces of our planet.

It is impossible to lead and inspire others to great deeds in peace if we hold anger and resentment in our hearts. We can only ever give away what and who we are. If we are only seen and portrayed by the media as an angry, subversive and aggressive group, we will fail to bring about the change we all desire.

We must find new and creative ways to bring about the changes to which we all aspire, from all that we know to be wrong and harmful in the world.

One of the first questions most vegans get asked, besides the most exasperating: “where do you get your protein from?” (Which I will not deign to answer here, besides the fact that the question about protein is over a hundred years out of date), is “If you’re vegan, what on earth do you eat?” My answer to this bemusing question is: “Well, if you think of all the food in the world, all the edible plants and herbs, nuts, seeds, pulses, grains, fungi, fruits, and vegetables, vegans eat all of that, and only cut out dairy, honey, eggs, meats and fish”, essentially anything with eyes (with the exception of potatoes of course) or anything that comes from something with eyes. In other words, products produced from foods that are derived and ultimately stolen from animals.

One amusing story comes to mind here, many years ago while living in the UK, we were helping our neighbours with their hay harvest, and our hostess put on a big table in the garden a huge array of sumptuous foods for us to all enjoy after our hard days labour. One of the other helper’s teenage daughters heard some of us were vegan and said: “So what do vegans actually eat?” I just laughed in a good-humouredly manner, and said that literally everything

that had been served up on the table was vegan! It is a strange thing indeed that people don’t realise that most of what they eat on a daily basis is in fact vegan. The meal only becomes something other than vegan once the animal products are added.

One of the things I have always maintained since first becoming vegetarian in my teens is that far from missing ‘things’ that I had decided to no longer consume, I found I immediately embraced many the good foods that our beautiful planet had to offer. I would often wax lyrical about having enjoyed every single meal I had eaten since my departure from meat consumption. I could not say the same about the preceding years where I was forced to eat foods that made my stomach turn about in nauseating summer-saults.

I appreciate the simple fact that the majority of parents are doing the best they can, given the information they are ‘fed’ (no pun intended) about healthy eating. However, my poor father couldn’t even eat in the same room as me for most meals, due to the fact of my struggle to eat what was literally vile to me, it probably made him gag as much as I did trying to swallow, what seemed to me as cannibalism.

I have to add here that my father didn’t eat meat until he met and married my stepmother (who was an avid carnivore who thought the gristle was the best bit!), at the time I was still only a small boy, and my father’s mother, our dear ‘nana’ didn’t eat meat either, except in later years when her doctor innocently mislead her to believe she needed to eat some meat for protein! Oh, we are back to that old chestnut again, and so I would like to add a simple fact here about the composition of most fresh foods that a vegan might typically eat, they all contain some form of protein, even if it is in small amounts in some, and larger amounts in others, it is still there.



True protein deficiency is very rare especially in the modern western world, and I have never yet met a vegan diagnosed with a protein deficiency. Vitamin B-12 and Iron deficiency can become an issue for both vegans and vegetarians alike, and with a certain sense of irony, so too can meat eaters now become deficient in B12 due to modern farming practices. These said modern farming practices lead directly to the animals themselves having this same deficiency. However, this is easily remedied for anyone being low in this vitamin, via naturally derived, ethically produced supplementation, which of course causes no suffering to animals in its production.

The vegan way of being is the start of living the good life. It is the evolution of the heart. The taking of an innocent life is never made spiritual by human ceremony; that is simply innocent superstition, ego, and sometimes bigotry.

As a small child, one of my abiding memories was getting up early before the house was stirring and creeping downstairs, dragging most of my bedding with me to make a den out of the furniture in the lounge. Once this task was completed, it was into the pantry (kitchen food store) to get supplies. This often consisted of an immense chunk of Chocolate Swiss Roll deposited carefully into a bowl, into which I would push broken off pieces of digestive biscuits and smother this banquet of indulgence with lashings of cold milk. Then it was back to the hideout to feast on my provisions. Certainly not the healthiest breakfast in the world.

As I have said, I was always a fussy child, and one of my other earliest memories was my mother threatening me with the need to eat 'bone broth' if I didn't eat what she gave me! So, it is clear that our personal

relationship with food goes back to our earliest years, and food is often a source of comfort or discomfort to us, and therefore, it doesn't always feel easy to make the changes we may want to make.

However, if we wish to experience the transformation I spoke of earlier, we need to have the courage to make those changes first, and then we will see the benefits that flow from our new compassionate lifestyle of kindness. Having a diet based on love, not just our personal desire to satisfy our taste buds, is one that not only has a beautifying effect upon the world, as one removes oneself from becoming a living graveyard of our dead cousins, but also brings more peace and beauty within



us. The peace that we desire, lies within us, it is already there at our core, and is simply made more beautiful and graceful when we stop putting pain and suffering on our plate, and then into our body.

Food is Life

“A man can live and be healthy without killing animals for food; therefore, if he eats meat, he participates in taking animal life merely for the sake of his appetite. And to act so is immoral.”

Leo Tolstoy (1828–1910)

It would seem to me that popular culture has the misguided notion that a vegan diet is somehow deficient, and it certainly is, it is deficient in cruelty, which I believe to be its greatest asset.

Food is life, but when it contains ingredients that have been forcibly taken from animals and ultimately leads to their destruction, it cannot be good for us and it cannot be good for the planet or for world peace.

Where is peace in a placid cow only afforded a limited time to graze before being taken to slaughter?

Where is peace in male baby chicks being killed as they will never make the cut as laying hens do?

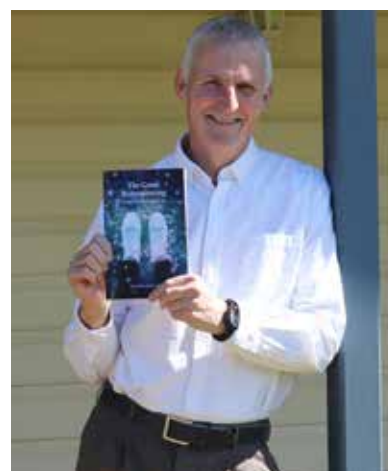
Most people never make the connection between what they eat and a deep sense of personal peace. That is of course, where world peace begins, within the hearts and minds of us all, the very people who populate this world. How can we expect peace to exist out there in the world if we continue to accept the needless slaughter of two billion sentient beings every week? Yes, you read that correctly, every week! Most people who are tackled on this issue usually suggest that they themselves don't actually eat that much meat. However, the point is that when we calculate all of the demands for meat and dairy and fish in the world today, we accept the Frankensteinian monster of globalised factory based killing machines. We are either part of the solution or we are part of the problem, however small that part may be.

Ultimately we must make that choice.

I remember once walking along a footpath out in the English countryside, in the beautiful County of Suffolk, with my partner at the time. This was several years after becoming vegan, probably about 1996. It was a beautiful summer's day and I noticed some cows in a field, and as I stopped to gaze at them grazing, they got curious and came to say hello. I was so moved by their majestic beauty and their wonderfully inquisitive nature that I was moved to tears, knowing where they would ultimately end up. I gave my pitifully inadequate apologies to these amazing beings and moved on with a heavy heart. I have

Dean Rees-Evans presented as a part of our most recent NHS webinar series. We had a great night learning about the *Three Principles Approach* from Dean. Dean has authored multiple books; the above is an excerpt from his latest release *Annibalism*.

In this great book Dean explores veganism as a physical, psychological and spiritual health practice, it is a fascinating read.



Health Advisory Panel Profiles: Ally Sanchez

www.allysanchez.com.au



How would you describe your health philosophy?

In one word? Plants.

Plants play a vital role in our lives as humans. We share a symbiotic relationship with nature, depending on each other for survival.

Plants for nutrition - A diet that is predominantly plant-based, consisting of fruits, vegetables, whole grains, and legumes, has been repeatedly shown to reduce the risk factors of chronic diseases and improve overall health.

Plants for medicine - Herbal medicine is still the primary medicine used in many parts of the world. When used correctly and tailored to an individual's unique needs, herbal medicine can work alongside the body's innate healing mechanisms to restore balance and promote self-healing. In essence, herbal medicine is like concentrated nutrition, full of vitamins, minerals, antioxidants and phytochemicals as well as the unknown/unnamed magic in herbs. They can serve as a gateway to adopting healthier overall health practices.

Plants for mental and spiritual health - Spending time in nature among plants can also have significant health benefits. Outdoor activities such as gardening, hiking, or simply barefoot on the ground can replenish our body with fresh air and vitamin D from the sun, while grounding us physically and spiritually.

Recent research into the practice of 'Forest bathing' reinforces what many already know, the mental and physical calmness we can experience when in nature.

Spending time among plants, watching a sunrise or sunset, and taking in our surroundings while breathing deeply can help us to spiritually connect, even for those without a formal religious or spiritual practice. Spiritual health is an essential component of overall health and wellbeing.

How did you learn about Natural Health?

My journey towards Natural Health began with my upbringing. Growing up in a family of six children, my mother made health a priority by keeping our diets clean and free of junk foods. I remember being the only kid with brown bread sandwiches and Promite instead of Vegemite. My mother also instilled in us a sense of environmental responsibility and was a 'greenie' herself. Recycling newspapers was just one of the things she did, but I recall feeling embarrassed using recycled porridge bags and wax paper for my school lunches, quickly unwrapping them and stuffing them into my school bag, worried about being judged by the sea of brown paper lunch bags and plastic-wrapped white bread sandwiches.

In my early twenties, I became a vegetarian. This was in the 1990s, and at the time, the Natural Health Society and Vegetarian Society combined forces. I eagerly devoured their monthly magazines, which were full of stories of people who had turned their health around through food and lifestyle changes. I became hooked on learning more about the human body and its incredible capability to heal itself. In those pre-internet days, I couldn't wait for the next magazine to arrive, and soon I was borrowing books from the library to learn even more. One book that particularly opened my eyes was *Diet for a New America* by John Robbins.

Now, more than two decades later, I am writing for, and participating in the same society that planted the seed for my career path. It's amazing how life can come full circle like that.

Has your health career had a defining moment?

Working with cancer patients. I have walked this path myself and had the privilege of supporting many on their journey. One lady, Jan, had a profound impact on me. Jan was a sweet lady in her seventies with terminal bowel cancer. She declined chemotherapy, not wanting to feel sicker.

When Jan arrived, she looked depleted, but the love between her and her daughters was palpable. We created a personal health plan for Jan, including natural protocols, fresh juices, foot massages and lots of laughter. When Jan returned a month later, the transformation was remarkable. She bounced up the stairs, glowing.

Although Jan passed away about a month later, her story was defining for me in two ways.

First, lifestyle changes can transform health.

Second, it highlighted the importance of 'dying well.' Jan's experience showed that dying well is possible, surrounded by love and care, with a body nourished and able to engage with loved ones. Jan's daughter has become a friend, and her mother's journey has been a gift to me.

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

Movement.

We now are living the new adage 'Sitting is the new smoking.' In the Western world, most people, myself included, sit for extended periods while working, then at home use remote-controlled devices for everyday tasks. However, our bodies are designed for movement; it's crucial for basic health, maintaining muscles and flexibility, and improving mental health. Regular walks, getting a sweat up and stretching for ten to fifteen minutes a day can provide extensive health benefits. Many people, as young as fifty, are hunched over and stiff, but it's possible to remain fit and active, as evidenced by people in 'blue zone' cultures and our own Society members. It's essential to prioritise movement to feel amazing at any age and enjoy a healthy, vital life.

What is the most common piece of health advice you give?

As a herbalist, I make a point of letting clients know that what they eat day to day is foundational to healing. Aim to make plants three-quarters of every meal, lots of greens and non-starchy veggies with a quarter starch veggies or wholegrains. Have meat-free days, starting meals with a salad, eat fruit for snacks and opting for vegan options when dining out. If you're in need of a caffeine boost, try a fresh veggie juice instead of that second or third cup of coffee.

Afterwards, take a moment to check in with your body and see how you feel in the hours and days after eating different foods. Learning to listen to your body is one of the best things you can do for your health.

What is your favourite healthy meal?

My go-to favourite is a green smoothie. I am aware that chewing food is optimal for digestion, however I find smoothies to be a quick and easy way to meet nutritional needs, particularly for the time-poor.

My smoothie ingredients vary, but typically I include rotating greens, berries, mangos, flaxseeds, hemp seeds, nuts and a green powder blend such as spirulina, barley grass or chlorella. I'll add some carob or cocoa nibs to enhance the flavour. Once I've blended everything, I pour the smoothie into a thermos and sip on it throughout the morning.

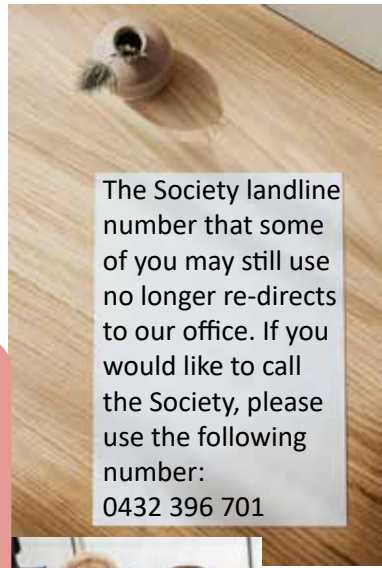


What is the best piece of health advice you have received?

To stop. By more than one person, lol. I tend to be high energy but finding the balance for time out is my own health journey. It is important to consider all aspects of health, including emotional and mental wellbeing. Often, we push ourselves to keep going out of a sense of obligation, a desire to assist others, or a need to feel needed. However, these things become irrelevant if we do not take care of ourselves and end up sicker than those we are helping.

It can be difficult to find the time to stop and replenish our body, mind, and soul. To create healthy boundaries around our time, but it is crucial and even more so in the modern non-stop world. Personally, I still struggle with following this advice, but I am getting there and feel so much better when I do recharge.

Society News



The Society landline number that some of you may still use no longer re-directs to our office. If you would like to call the Society, please use the following number:
0432 396 701



Vegan Christmas in July

Join us in celebrating all things festive and healthy with a lovely vegan lunch.

Date: 30.07.23
Time: 12pm - 3pm
Location: Wallacia, NSW
Cost: \$33 non-member \$30 member

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

Roger was out signing his book at the Wallacia Festival last month. Thank you to Roger and all our volunteers who braved some bad weather to talk to people about Natural Health.

Are you interested in getting more involved in the Society? Let us know and we'll let you know what volunteering activities are coming up.



Our legacy

code is expiring this financial year. If you would like to receive a discounted membership one last time, please renew before July 1, 2023.

Did you see our recent 'Grow your healthspan' campaign?

We featured some of the Society's executive volunteers in a recent social campaign that highlighted the benefits of having a long-term commitment to health.

If you're interested in being featured in an upcoming campaign, please email us with a brief description of your health story and a photo or short video.



Natural Health Society of Australia.

1 m · 🌐

Meet our Patron, Roger French. After decades of service as our Health Director, these days Roger volunteers part-time for the Natural Health Society. He is also actively involved with other community groups. He is a regular at his local gym and at City to Surf each year. Roger follows the principles of Natural Health to remain strong and healthy in his 80s. Increase your healthspan with the Natural Health Society.
www.health.org.au



Natural Health Society of Australia

Just now · 🌐

Meet our Vice President, Margaret. Margaret knows that her retirement is too precious to be spent in doctor's surgeries and hospital – she has things to do! Margaret's commitment to living a healthy life, supported by her Natural Health Society involvement, means she has more time and energy for the precious things in life. Family, friends and community. Grow your healthspan with the Natural Health Society.



Natural Health Society of Australia

Sponsored · 🌐

Meet our Treasurer, Richard. Although Richard had been generally healthy through his adult life, in his 40s Richard realised that ...see more



Meet our President



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



MY FAVOURITE WINTER FOODS

By Susan Gianevsky

QUINOA AND OATS

I have fallen in love with quinoa and oats. Quinoa is not a grain, it is a relative to beets and spinach, however, it is cooked and eaten like a grain with a similar nutritional profile. I have loved oats for the last 25 years. As the weather cools down, I cook my oats with almond milk rather than the bircher muesli I have in the Summer. I just love, love oats as they suit me in every way. Oats provide me with the nourishment and the calm I need to start my day.

When I studied natural medicine long ago, I was re-introduced to eating oats and now I have my clients adding them to their daily regime. I don't prepare nutritious bars or protein balls with oats like my friends, but there is a big fancy jar of oats that sits on my kitchen bench inspiring me daily that this is my chosen nutritious and delicious start to my day.

Oats contain both soluble and insoluble fibre. Soluble fibre forms a viscous gel that supports healthy cholesterol and blood sugar levels. Oats are also known to also improve intestinal health and there are a variety of antioxidants that are called *avenanthramides* which are exclusive to oats.

I cannot tell you how grateful I am to oats for being part of my life as my breakfast is so easy and balanced.

Did you know that oats are rich in vitamins and minerals and contain:

- Thiamine
- Magnesium
- Phosphorus
- Zinc
- Manganese
- Selenium
- Iron

We often forget that oats keep the colon healthy and



support healthier blood pressure as they have a powerful soluble fibre called beta-glucan. My sugar cravings definitely drop when I have oats daily and this is key when trying to maintain healthy weight levels.

I am on an amazing ride of health by starting my day with oats. Lunch or dinner is my next favourite food, quinoa.

I enjoy quinoa as there are fewer calories and carbohydrates. Quinoa provides a boost of protein as it includes all nine of the essential amino acids. Quinoa is also high in:

- Fibre
- Magnesium
- B Vitamins
- Vitamin E and so much more...

As quinoa is a seed that is harvested from a tall, leafy plant it is classified as a pseudo-cereal grain along with amaranth and buckwheat. Quinoa is very high in quercetin, even higher than cranberries! This amazing nutritious food is one we should all embrace, much higher in fibre than most grains, gluten-free and has a low glycemic index that supports good blood sugar control.

It is good to note that quinoa is high in minerals, particularly iron and magnesium which are two of the most important minerals our body needs on a daily basis to support the oxygenation of blood and support nerves and muscles. Hip hip hooray I say for this amazing food!

Depending on the type of quinoa, it is very important to rinse it with water prior to cooking to get rid of the saponins which are found on the outer layer and can have a bitter flavour.

The way I prepare this unique plant food that looks so much like grain is:

2 cups of water and turn up the heat
Add 1 cup of raw quinoa and boil for 15 to 20 minutes.
I then add fresh vegetables lightly steamed or anything you like to create a meal that uplifts your core.

Can life become more nutritious? Oats and quinoa are some of my favourite foods that I eat no matter where I am in the world. When something is good for me and

nourishes my soul, I stick to it.



CHESTNUTS

Chestnut season is in full swing, and I still get excited when I see them at my greengrocer. I was introduced to chestnuts when I was a very young girl. It was a treat to sit next to my Dad and share these delicious treats. My family loved chestnuts, and back then it didn't occur to me how nutritionally charged they are. I have travelled extensively and chestnuts are available in many countries during autumn/winter. I have been known to buy chestnuts from street stores and feel uplifted as they always remind me of my family while giving me a nutritional boost.



Chestnuts are a delicious treat, either roasted or cooked in soups and other recipes and are known for their nutritional value. Chestnuts are not only good to taste but are loaded with nutritional goodness and can be used in savoury dishes, stews and casseroles...and even as flour.

Chestnuts are more like a wholegrain than a nut as they are low in fat, contain carbohydrate and their fibre content is higher than walnuts making them a low glycaemic index food.

Chestnuts are also high in vitamin C, potassium, calcium, phosphorus and magnesium alongside plentiful amino acids and antioxidants. To top this off, they also contain good levels of essential fatty acids, including linoleic acid which is so beneficial for heart health. Embrace chestnuts this winter and supercharge your winter health.

Eight key health benefits of Chestnuts

1. Anti-inflammatory
2. Dental care and bone health
3. Strong antioxidant
4. Aid digestion
5. Promote weight loss
6. Balance electrolytes in the body
7. Support heart health
8. Nuturing in pregnancy

The easiest way to bake chestnuts –

Heat your oven to 200 C. Make a small cut into the skin of each nut and place them flat side down onto a roasting tin. Bake for 30 minutes, until the skins open and the insides are tender. Chestnuts are also delicious when barbecued on a hot plate, turning occasionally for 20 minutes or until the shell splits open.

GINGER

I just love ginger. Every day in winter I add a few small pieces of fresh ginger to my hot water with a few slices of lemon and a teaspoon of honey. Delicious and so nutritious.

Lots to love about Ginger:

Ginger is loaded with vitamins and minerals: zinc, folate, vitamin c, magnesium, potassium, phosphorus, vitamin B3 and vitamin B6.

I enjoy it dipped in dark chocolate too and I just know that when it tingles in my throat that it is helping me stay well. I buy large chunks of ginger all the time and my greengrocer always puts some aside for me.

Ginger is a flowering plant that is widely used as a spice, herb or eaten raw by many different cultures. People have used ginger in their cooking and medicines since ancient times. It is a very popular home remedy for nausea, stomach pain and many other health issues.

Ginger contains *gingerol*, a substance with powerful medicinal properties.

Ginger has so many benefits. A key benefit for winter use is that ginger has anti-viral and anti-bacterial properties, which is why through winter I encourage all my clients to add ginger to their tea, hot water, soups, casseroles and smoothies.

Did you know that enzymes in ginger can help the body break up and expel internal gas providing relief from any gastric discomfort? This can relieve constipation and support healthy bowel movements.

Ginger has a long history of use as a sea sickness remedy and for any type of nausea. When used appropriately, it can be used safely during pregnancy.

Can you imagine that this plant, a gift from nature, can provide us with all this and more?

More benefits of ginger:

- May reduce muscle pain and soreness
- Anti-inflammatory
- Lowers blood sugars
- Assists in chronic indigestion
- May reduce menstrual pain
- May lower cholesterol levels
- Reduces brain fog

This winter, kick start your internal armour by having lots of GINGER at home. Protect yourself and your family naturally.

NEWS FROM WHAT DOCTORS DON'T TELL YOU

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

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

The not-so-super foods

By Lynne McTaggart, WDDTY

How much does your food contribute to your risk of cancer? The most comprehensive study of this question, carried out by Imperial College London, tracked the dietary habits of nearly 200,000 British people aged 40 – 69, who revealed their food consumption every 24 hours for three years between 2009 and 2012 and were then followed up until January 31, 2021.

All food consumed was categorised according to its degree of food processing, and their consumption of ultra-processed food was noted as a percentage of their entire food consumption.

In case you're wondering about the name "ultra-processed food," the NOVA Food Classification System, designed by the Centre for Epidemiological Studies in Health and Nutrition of the School of Public Health within the University of Sao Paulo, Brazil, has grouped food into four categories "according to the extent and purpose of the processing they undergo," including any "physical, biological and chemical processes that occur after food is separated from nature."

Group one is unprocessed or minimally processed foods, meaning they've just been cleaned, had some fraction like inedible bits of stem

removed, or been ground, dried, fermented or pasteurised but had nothing added.

Group two is "processed culinary ingredients," which includes products extracted from natural foods or nature. This grouping covers packaged grains, juices, pasta, all sorts of oils, salt, fats including coconut or butter, and any sort of sugar, plus honey.

Then there's group three, the processed foods, which have salt, sugar, oil or other substances added to minimally processed foods (group two). This cluster of foods includes such things as tomato paste, canned or bottled vegetables or legumes, fruits in sugar syrup, bacon, canned fish, smoked meat or fish, freshly made cheeses and even bread that is unpackaged, made only with flour, yeast, water and salt.

Finally, there's group four, the ultra-processed foods. These 'foods' are made via a variety of industrial formulations. They start life as genuine foodstuffs like corn, wheat or sugar cane that are fractioned into particular substances.

This stuff is then put through chemical modifications like hydrogenation. More processes follow involving the assembly of food substances with little or no actual whole food anymore that have been extracted from real food (like oils and fats), plus food constituents (like hydrogenated fats). As NOVA points out, natural whole foods (group one) make up a tiny proportion of – or are even absent from – these foods.

This category includes any sort of packaged snacks or cookies, soft or energy drinks, instant soups or sauces, flavoured yogurts, meat substitutes, breakfast cereals, sweetened juices, ready-meals and prepared dinners, anything called a 'nugget', most packaged bread and baked goods and cereals, cakes and infant formulas.

So what you have in group four is the human equivalent of canned dog food: substances that may have started out as something natural four or more processes ago but have, as the Imperial team puts it, become "industrially derived food substances and food additives" put through "a sequence of extensive industrial processes" – and so manipulated through additives, pre-processing, extrusion, pre-frying and moulding that by the time they reach your lips, they cannot remotely provide anything in the way of nourishment.

There's also the fact that these processed goods have been deliberately manipulated to be 'hyper-palatable' – that is, engineered to taste so good you are likely to eat too much of them, even to become addicted.

But here's the astonishing part of it. According to the Imperial College team, half or more of the everyday British diet is made up of group four foods – a percentage that may be even higher in other Western countries.

What's more, every 10 percent increase in ultra-processed foods increased their cohort's chances of

developing cancer – particularly ovarian and brain cancers – or of dying from cancer, particularly breast or ovarian cancer. This is not to mention the evidence from other research that these non-foods also have much to do with diabetes, heart disease and other conditions.

After reading about how much sugar and other killer foods are in soft drinks and pizza, I paid a visit to a health store a few days ago. I was curious to see whether the same applies to processed health foods.

In many cases, it doesn't – but not all. For instance, when I headed over to the baby food section, I spied a pot of baby food made by a reputable manufacturer known to create a load of excellent group two foods. According to the label, the sugar in that 100 gm pot was 12 gm – equivalent to three teaspoons of sugar – meant to be a single serving to a baby less than a year old.

I then turned to little rice cake snacks, also intended for babies. Each two of these teeny rice cakes (about a quarter of the size of an adult-sized rice cake) had nearly eight grams of sugar – about two teaspoons.

The bottom line from Imperial's findings is: read every label.

Or, even better, follow one simple rule: throw away your ready-meals and cook organic, wholefoods from scratch.



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News from Dr Greger



The Relationship Between Dietary Cholesterol and Cancer

Consumption of animal protein has been correlated with mortality from intestinal cancer and breast cancer, and animal fat has also been implicated. There is also a significant correlation between a high intake of cholesterol-containing foods and colon cancer.

The crux of the issue of cholesterol is that our body makes all of the cholesterol we need, so we don't need to consume any. When we do consume extra cholesterol, there's a limit to the amount our body can absorb. The excess cholesterol goes down to our colon and may help cancerous or pre-cancerous polyps grow faster.

Intake of dietary cholesterol has been positively associated with risk of cancers of the stomach, colon, rectum, pancreas, lung, breast (mainly post-menopausal), kidney, bladder and non-Hodgkin's lymphoma or bone marrow, while a diet low in cholesterol may play a role in the prevention of several cancers. This means cutting down on meat, dairy and eggs, the foods that contain cholesterol and may increase the risk of cancer.

There appears to be a dose-response (the more we consume, the greater the effect) between cholesterol consumption and endometrial cancer and pancreatic cancer. It has been found that three is a six percent greater risk for endometrial cancer and an eight percent greater

risk for pancreatic cancer for every 100 mg of cholesterol consumed daily.

Increased risk – by about 85 percent – for throat cancer has also been seen with elevated cholesterol intake, but it is unclear if cholesterol itself is to blame, since elevated cholesterol intake could simply be an indicator that a diet rich in meat, eggs, and dairy products may have unfavourable effects.

So the optimal intake of cholesterol is zero.

The First Studies on Vegetarian vs Meat-Eating Athletes

A series of experiments at Yale University on the influence of flesh-eating on endurance was published more than a century ago. The study compared meat-eating athletes, vegetarian athletes and sedentary vegetarians.

The results suggested that those avoiding meat have far greater endurance than those who are accustomed to the ordinary American diet.

For example, the meat-eating athletes averaged 383 deep knee bends, while the plant-eating athletes averaged 927 and the sedentary vegetarians averaged 535. And, in terms of recovery, the meat-eaters were much sorer. It may be inferred without reasonable doubt that the flesh-eating group of athletes was far inferior in endurance to the vegetarians and even the sedentary vegetarians. The Yale experiments were covered

by *The New York Times*: “Prof. Irving Fisher of Yale believes that tests have shown definitely the inferiority in strength and endurance of meat eaters compared to those who do not eat meat... Some of Yale's most successful meat-eating athletes took part in the strength tests, and Prof. Fisher declares they were obliged to admit their inferiority in strength.”

A lot of science, even back then, was pointing to “a distinct trend toward a fleshless dietary,” that is, towards more plant-based eating, yet the word vegetarian, even 110 years ago, had such a bad, preachy rap “that many people were loath” to concede the science in its favour.

Cheese Compared with Other Fatty Foods



When a food is said to have neutral or even beneficial health effects, especially in an industry-funded study, we must ask, “Compared to what?”

Cheese, for example, would be healthy compared to bacon, but not compared to nuts. Cheese may be healthier than bologna, but not healthier than peanut butter.

The former Chair of Nutrition at Harvard, Walter Willet, stressed that “To conclude that dairy foods are ‘neutral’ ... could be misleading, as many would interpret this to mean that increasing consumption of dairy foods would have no effects on cardiovascular disease or mortality. Lost is the fact that the health effects of increasing or decreasing consumption of dairy foods could depend importantly on the specific foods that are substituted for dairy foods.”

More broadly, the available evidence supports policies that limit dairy production and encourages the production of healthier sources of protein and fats. Willet wasn’t just speculating. His statements were based on three famous Harvard studies involving hundreds of thousands of men and women exceeding five million person-years of follow-up.

The first large-scale prospective study found that replacing fat from cheese with an equivalent amount of fat from peanut butter on a daily basis may reduce heart attack and stroke risk by up to 24 percent. Re-

placing dairy fat with a whole plant food, would provide the lowest risk.

Consumption of nuts or other plant protein is associated with reduced risk of heart disease and type 2 diabetes, whereas intake of red meat is associated with elevated risks. Dairy products fall somewhere in the middle of the spectrum.

Dairy food is a major contributor of saturated fat in the diet, so it’s been targeted as a major dietary cause of cardiovascular disease.

The dairy industry argues that other components in dairy, such as fermentation by-products in cheese, could counteract the saturated fat effects, but this has been contradicted by the American Heart Association. This is all part of a campaign by the dairy industry to “neutralise the negative image of milk fat among regulators and health professionals as related to heart disease.”

We need to reduce the consumption of meat, dairy, coconut oil and the like. The American Heart Association,

in its *Special Presidential Advisory* in 2017, stated it needed to “set the record straight on why well-conducted scientific research overwhelmingly supports limiting saturated fat in the diet.”

Tea Tree Oil for Cold Sores and Warts?

A topically applied six percent tea tree oil gel shortened the average healing time of cold sores by a few days and eliminated the virus faster compared to placebo.

Topical treatment of straight tea tree oil on hand warts for five days “considerably reduced” their size, and they were gone in another week and didn’t return.

Conventional, standard acid treatments for warts can be painful and damage the surrounding tissue, unlike tea tree oil, which appears to work without any side effects and only affects the warts.



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What is Sound Therapy?

By **Rafaele Joudry**

What is Sound Therapy, and how can it claim to assist conditions as diverse as tinnitus, blocked ear, autism, anxiety and chronic pain?

The words *Sound Therapy* can conjure up many things. A psychologist playing a piece of music to help the client resolve emotions, crystal bowls, Tibetan gongs or tuning forks to balance the chakras. Some of this is based on rather dubious science, but there is no doubt that music does affect mood. It is used in most religions to induce a state of unity, devotion or transcendence. It is used to rally troops to war, to create a frenzy at a rock concert, excitement at a party and tranquillity to recover from a busy day.

It is not surprising that music, being composed of very coordinated vibrations, affects us so profoundly, since we ourselves – like all other objects – are merely a combination of very specific vibrations. Quantum science, in investigating the very nature of matter, has established that the smallest particles of matter – protons and electrons – are in fact merely made of vibrations. Matter is influenced by chemical processes, as with pharmaceuticals, and it can also be affected by mere vibration.

So, let's take a closer look at how the vibrational patterns of music can affect our material bodies. The ear is most obviously the receptor of sound, (though in fact the entire body vibrates with and is affected by sound waves.) It stands to reason, therefore, that the most significant discoveries about using sound as therapy came from an ear doctor. Dr Alfred Tomatis was a French ear specialist (ENT) working in Paris from the 1950s to the 1990s.

Thinking of our embryological development, Tomatis deeply investigated this audio-vocal relationship, and over time, defined some key principles of how sound can help to heal the ears and nervous system. He made the discovery that high-frequency sounds (generally those above 8,000 Hz) serve to recharge the brain and replenish energy. He discovered that if we lead and organise our listening with our right ear, we process language more effectively. This is because the right ear connects most directly to the seat of language in the left brain. Tomatis spent his life helping people from very diverse groups to enhance their hearing, language and wellbeing. These groups included men with industrial deafness,

singers, musicians, and children with autism or dyslexia.

Sound Therapy

I became involved in the world of sound because my mother had remarkably sensitive ears and could not tolerate any of the normal city noise. I used to laugh at her for wearing protective ear muffs on the street, but now realise that she was just ahead of her time in this sensitivity and her deep understanding of the importance of the ear. It was because of her sensitivity that when I heard of the work of Dr Tomatis I recommended that she try Sound Therapy. The program healed her sound sensitivity (hyperacusis), her cocktail party syndrome (a sound differentiation problem), her chronic insomnia, exhaustion and writer's block. As a result, we released Sound Therapy as a portable, self-help method over thirty years ago. We then found out, by accident, that it could also help hearing loss and tinnitus.

Tinnitus

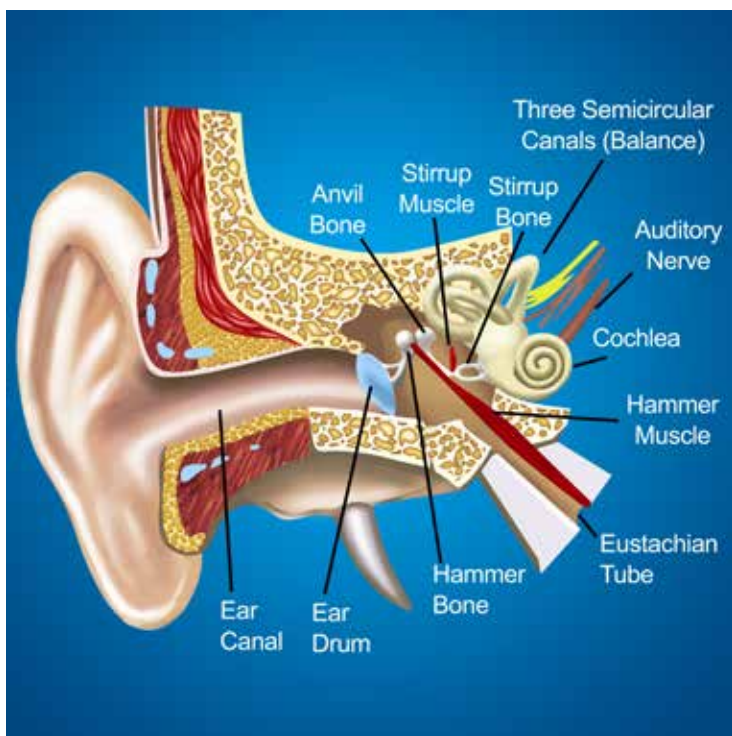
Tinnitus is one of the worst afflictions resulting from ear damage and has caused a great many musicians to change careers. The word, *tinnitus*, describes the symptom of either continuous or intermittent noise in the ears which is only heard subjectively but not by others. The noise may be anything ranging from ringing, buzzing, rushing, roaring, to beating, clanging or crashing. The most common sound is similar to the noise of cicadas. Theories abound on the tinnitus mechanism and what causes it. It is most often due to noise damage affecting the cilia (little hair-like cells) in the cochlea (inner ear).

While previously thought to be destroyed, it is now accepted that the cilia have more often just been damaged, and are producing a phantom noise as a sort of short circuit in the ear and brain. Pressure problems remaining after flu or viruses can cause tinnitus, and today ear specialists attribute the ongoing condition to an aggravation of the limbic system, where our emotional reactions originate in the brain. Caffeine, artificial sweeteners (aspartame) and many prescription or recreational drugs (including the COVID vaccines) can aggravate it. There is no effective drug treatment for tinnitus and doctors now refer patients for tinnitus retraining therapy (TRT) where the person learns to tune out the noise through various strategies of attitude and biofeedback training.

A simpler and perhaps complementary approach is Dr Tomatis's Sound Therapy which physically stimulates the ear mechanism and in many cases significantly improves its functioning.

The Electronic Ear

Sound Therapy uses classical music filtered through Dr Tomatis's invention, the Electronic Ear, which alters the frequencies of the music so as to have a gymnastic impact on the middle ear muscles (hammer muscle and



Healthy Living Is the Best Revenge: Findings From the European Prospective Investigation Into Cancer and Nutrition-Potsdam Study.

By Rebecca Smith

A study of 23,000 participants evaluated four simple lifestyle medicine recommendations:

1. No tobacco use
2. 30 minutes of exercise five times per week,
3. Maintaining a BMI of less than 30 kg/m² and
4. Eating a healthy diet.

Participants who adhered to these four recommendations were shown to have:

- A 78% decreased risk of developing a chronic condition.
- A 50% reduction in risk of stroke.
- An 81% reduction in risk of myocardial infarction.

To put these figures into context:

- Commonly prescribed antiplatelet medications and statins can only boast a “more than 20 percent reduction in myocardial infarction risk” according to the American Heart Association.
- Almost 40% of heart disease deaths are due to myocardial infarction.
- One in four people globally will have a stroke in their lifetime.

According to the Australian Institute of Health and Welfare, almost half of Australians have at least one chronic condition. I wonder how many of these Australians were strongly encouraged and supported to adopt the above four lifestyle recommendations prior to being given a prescription medication for their condition/s?

Sources:

Australian Institute of Health and Welfare, <https://www.aihw.gov.au/reports/>

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stirrup muscle). The low frequencies are progressively removed from the music to retrain the ear to reach for the high sounds. Alternating channels of high and low sound cause constant fluctuations, making the muscles repeatedly contract and relax. As the ear opens to sounds it had forgotten how to admit, the cilia are stimulated and the cortex of the brain is finally fed with the sounds that it needs to reach its full potential, according to Tomatis. These are the sounds above 8,000 Hz. As long as they are not loud, high-frequency sounds will not harm the ear, but in fact, serve to keep the cortex stimulated. It is the lack of these sounds in our environment today, said Tomatis, that causes the extreme fatigue, sleeplessness, discord and proliferation of learning disorders in the young. The use of classical music is a vital part of the therapy, for it is the complex rhythms and natural harmonies of this sound that not only stimulate, but harmonise the entire nervous system.

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We Are Treating Low Pain All Wrong

By Dr Greg Fitzgerald



This was the heading on the 14th of April, 2023 in *MedPage Today*. The author was Professor Christine Goertz, of Durham Research Institute, North Carolina. She went on to say: “Low back pain has been over-medicalised, making a very bad problem worse. Commonly used medical treatment approaches often lead to more harm than benefit. Imaging (X-Ray, MRI and CT) is rarely necessary, and prescription drugs may be helpful to some in certain circumstances, but overall the risks outweigh the benefits. Surgery and corticosteroids can lead to short-term pain relief for some but the results are often not sustained nor superior to less invasive options.”

Her thoughts have been backed up by many other studies, including the *2018 Lancet Series* which stated the same.

When you consider how common low back pain is, and the amount of money, time and productivity that is lost, not to mention the individual pain and disability incurred, the Professor’s admission assumes more gravity. It is a huge burden to our society and very concerning when medical experts state that the standard medical treatment is all wrong.

My Clinical Experiences:

Over the past 40 years as a practitioner, I have treated tens of thousands of people with back pain, both lower, middle and upper. Back pain is the most common presentation to all physical therapists, such as osteopaths, chiropractors, physiotherapists and others.

I have been incredibly blessed to have studied, and practised, naturopathy and Natural Hygiene as well as osteopathy and chiropractic. This has allowed me the opportunity to view back pain from a very holistic perspective. I look at the forest, not the tree.

There are two types of back pain, the same as two types of any bodily pain: acute and chronic.

Acute Low Back Pain:

Acute means short-term and generally quick onset. Someone slips over and hurts their back, or they lift an object and feel a strain in their back. The pain can range from mild to excruciating, depending on the damage.

If this is an unusual occurrence for the person, then treatment and advice (what to do and not do) lead to fairly rapid improvement. I have often given only advice to patients, sans physical treatment, and the results have been excellent. Of course, if there is pain, numbness or tingling down any limb, or excruciating pain with coughing or sneezing, then imaging would be at least considered.

Contrary to popular opinion, the best intervention most of the time is not drugs, as the good Professor agrees. It is REST. No stretching or exercising is recommended UNTIL pain and inflammation subside. Stretching and exercising are not appropriate while in pain. They almost always worsen it. There has been no observed case of any injured animal engaging in stretching or exercising while injured. They instinctively rest. Humans can learn from the animal kingdom. Drugs have side effects and mask

the discomfort, giving a permission slip to do more damage without the person being aware of it. They should only be taken as a last resort.

The author himself has hurt his back a few times in his life, and at all times found the most important intervention to be rest, with perhaps the application of heat and a liniment or cream. Rest, though, is the keyword in ANY acute low back pain.

Chronic Low Back Pain:

Chronic means long-standing, opposite to acute. Someone who endures chronic low back pain almost daily needs a different approach.

When someone presents to my clinic with a chronic, long-standing back problem, I treat them naturopathically before osteopathically. This is because chronic low back pain is no different in its recovery requirements than any other chronic health problem.

With chronicity comes inflammation. This applies to chronic illnesses such as diabetes, asthma, auto-immune issues, cancer, headaches, reflux, IBS and others, not just the lower back.

To treat just the back is to ignore the real causes of why the inflammation exists in the first place. My objective is to ask many questions about the patient’s lifestyle and diet and to seek out the CAUSES of the inflammation. The thorough questioning and examination are also aimed at excluding any red flags, which might necessitate medical referral.

Physical treatment, from outside-in, can help of course, but more so when the person works from the inside out. Hence, my role is more to educate than medicate. This is why so many patients say upon seeing me for the first time: "I have seen so many therapists over the years, and all I get is temporary relief because the problem recurs soon after. Is there anything else that can be done?"

When the patient understands that his/her chronic problem is related to a pro-inflammatory lifestyle and dietary choices, and not simply bad luck that his back is always 'out', and makes efforts to remove the actual causes of the inflammation, significant improvement is experienced, much to the patient's surprise and delight.

Improving General Health is the First Step:

With ANY chronic health problem, whether it be low back, neck, shoulder blades, or any of the metabolic diseases mentioned above, the approach MUST be to lower systemic inflammation, oxidation and toxicity. This enables the whole body (general health) to improve, not just the initial complaint. When the tide rises, all the boats lift. When general health rises, all the body systems improve, including the lower back.

This is why we have so many people today with co-morbidities. They all had treatment that was targeted at their problem in ISOLATION from the rest of the body. Metabolic diseases do not do well when treated in isolation. For example, the person first had their asthma treated, then their chronic headaches treated, then their gall-bladder treated, then their thyroid treated, then perhaps their cancer or heart disease treated, and all the while along this chain of woe no one took the time to educate them to remove the actual causes of their body toxicity and inflammation. They went back to their toxic habits until their next weakest organ broke down, then went to a specialist who then proceeded to treat (or remove) the organ. Hence at say 60 years of age, the person has a multitude of health issues (comorbid) all being treated by different drugs from different specialists. They are rattling in drugs, and then feel another health issue coming on.

I first noticed this in 1980 while observing patients who had fasted at Dr Alec Burton's clinic. One lady had fasted because of recurrent (chronic) trigeminal neuralgia. She fully recovered and on speaking to her she also said her chronic low back pain had completely healed as well. Since then, I have observed the same thing countless times. The treatment of low back pain is all wrong, the good Professor is correct.

However, unless the less-invasive treatments she mentions includes removing the REAL causes of inflammation through education, not simply medication, then we are only rearranging the deck chairs on the Titanic.

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

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



Exercise Is 1.5 Times More Effective Than Medicines or Talk Therapy in Managing Mental Health

Researchers at the *University of South Australia* undertook an umbrella review where the results of 97 reviews, 1039 trials and 128,119 participants were analysed. This large analysis found that physical activity is 1.5 times more effective at reducing mild-to-moderate symptoms of depression, psychological stress and anxiety than medication or cognitive behaviour therapy. That's right, data collected from almost 130,000 people tells us that exercise, which is free to do, has no waiting list or adverse drug reactions, is more effective than the incredibly popular pharmaceuticals and talk therapy approach to mental health.

Lead UniSA researcher, Dr Ben Singh, states "Our review shows that physical activity interventions can significantly reduce symptoms of depression and anxiety in all clinical populations, with some groups showing even greater signs of improvement."..."Physical activity is known to help improve mental health. Yet despite the evidence, it has not been widely adopted as a first-choice treatment."



Source: Singh B, Olds T, Curtis R, et al. Effectiveness of physical activity interventions for improving depression, anxiety and distress: an overview of systematic reviews *British Journal of Sports Medicine* Published Online First: 16 February 2023. doi: 10.1136/bjsports-2022-106195.

NEWS FROM EMR AUSTRALIA

By Lyn McLean, Director, EMR Australia

www.emraustralia.com.au

US state issues guidelines for reducing EMR exposure

The US state of Maryland has published guidance for the public and government agencies aimed at reducing children's exposure to electromagnetic fields.

The *Guidelines to Reduce Electromagnetic Field Radiation* were developed by the state's Children's Environmental Health and Protection Advisory Council (CEHPAC), whose aim is to identify environmental hazards that may affect children's health and recommend solutions for them.

According to the Council, it's important to reduce children's exposure because, "While the science is still evolving, there are broad concerns about exposure to RF radiation." It refers to research showing that exposure is linked to brain cancers, tumours of the acoustic nerve and salivary glands, sperm damage, headaches and problems with learning, memory, hearing, behaviour and sleep.

The Guidelines also point out that "Children may be at greater risk than adults from exposure to RF energy." This is because the developing brain is more vulnerable, they have thinner skulls and smaller heads and the potential for more years of exposure than adults.

The Council's Guidelines recommend three basic strategies for reducing overall exposure to electromagnetic fields:

- increasing the distance from the source
- minimising the amount of time spent using wireless devices
- and choosing safer (non-wireless) technologies instead.

The Guidelines also offer recommendations to reduce exposure to radiation from mobile phones and other wireless devices. They include:

- not using cordless phones
- keeping mobile phones away from the head and body, minimising time spent on mobile phone calls and texting rather than calling
- using wired, rather than wireless devices and connections
- keeping wireless devices away from the body
- keeping devices in flight-mode
- not using mobile phones in low-signal areas, including vehicles and lifts
- keeping wireless devices out of bedrooms
- using battery-operated alarms, rather than mobile phone alarms
- taking special precautions to reduce exposure when pregnant.

Wireless radiation and free radicals

Wireless (radiofrequency) radiation (RFR) can affect the body via its effects on free radicals says a world authority on the effects of exposure on the body.

Dr Henry Lai, a Professor Emeritus of Bioengineering at the University of Washington, has put together a literature review of 290 relevant studies published since 1997. He found that 263 studies reported statistically significant effects of RFR on free radical-related cellular processes and only 27 studies found no significant effects.

Free radicals are highly reactive molecules that can damage molecules and cells in the body. Free radical damage, also known as oxidative

stress, has been linked to a wide range of health problems, including atherosclerosis, heart disease, inflammatory diseases (arthritis etc), cancers, neurological disease (Alzheimer's Disease, Parkinson's disease, muscular dystrophy), acquired immunodeficiency syndrome, ageing and others.

Lai says that RFR can affect oxidative processes in many organs in the body. Effects on oxidative processes in cells are important and alarming because they are involved in many physiological and cellular functions. Changes in these processes can conceivably lead to detrimental health consequences, e.g., increasing risk of cancer development and neurodegenerative diseases.

He says, "Effects of RFR have been observed in many biological systems after exposure to low field intensities (low absorption rates). (The median specific absorption rate (SAR) that a biological effect can occur is actually 0.0165 W/kg). All these point to a conclusion that the present exposure guidelines used by most governmental agencies are not sufficient to protect the public from possible harmful effects of RFR. Guidelines should be re-evaluated based on new research data from different exposure situations and parameters and not on a single effect, i.e. interruption of an ongoing behaviour."

What can you do?

- Keep in mind that flight mode doesn't work in many wireless devices.
- Supplement with antioxidants.
- Measure your exposure to radiofrequency radiation with wireless meters.
- Learn how to make your home radiation free with EMR Australia's online course, 'Your Electromagnetic-Safe Home'.

New light on wireless radiation and cancer

What do leading scientists have to say about the health impacts of radiofrequency (wireless) radiation?

In a review published in late February, four experts discuss the evidence of risk and point out problems with the way the industry is being regulated.

The authors considered the evidence that wireless radiation is a cancer risk, including:

- the 2011 decision by the International Agency for Research on Cancer (IARC) that classified radiofrequency radiation as a Class 2B ('possible') human carcinogen.
- the 2018 study by the *US National Toxicology Program* (NTP) which showed that mobile phone radiation caused cancer, cardiac and DNA damage in rodents.
- the 2018 and 2019 studies from the Ramazzini Institute which reported parallel findings.
- reports from Switzerland and the European Union which concluded that electromagnetic fields are probably carcinogenic for humans.
- conclusions by other scientists that wireless radiation is carcinogenic or probably carcinogenic.

The authors point out that not all researchers agree that wireless radiation is a cancer risk. "While some that have questioned the causal nature of the relationship may be well-meaning, a disproportionate number of those who discount the data are in the direct or indirect employ of the affected telecom industries," they say.

"It is important to note that such dismissive studies presume that the sole biological impact of RFR is a consequence of heating," the authors write. "This presumption ignores a substantial body of independent studies finding that RFR induces numerous adverse biochemical changes affecting the formation of free radicals, the rates of cell growth and death, and cellular membrane transport. These changes are widely reported in organisms as diverse as plants, animals and humans."

The authors conclude that "There is a plethora of both experimental and epidemiological evidence establishing a causal relationship between EMF and cancer and other adverse health effects including adverse effects on foetal development and the endocrine system. Increases in biochemical alterations including DNA damage, increased production of free radicals and other signals found to be predictive of cancer and other degenerative diseases have been clearly demonstrated."

References available on request

US National Toxicology Program Finds There Is No Safe Level of Fluoride in Drinking Water www.fluoridealert.org

After a six-year-long systematic review of fluoride's impact on the developing brain, the National Toxicology Program (NTP) has reported that 52 of 55 studies found decreases in child IQ associated with an increase in fluoride. The NTP's report says: "The data support a consistent inverse association between fluoride exposure and children's IQ."

The NTP's meta-analysis also put the magnitude of harm into perspective: "Research on other neurotoxicants has shown that subtle shifts in IQ at the population level can have a profound impact on the number of people who fall within the high and low ranges of the population's IQ distribution. For example, a 5-point decrease in a population's IQ would nearly double the number of people classified as intellectually disabled." So, while an average drop of five IQ points in a population might sound small, it is huge from a public health perspective.

The NTP report says that the evidence is not just in those who drink water with higher fluoride concentrations exceeding the World Health Organization (WHO) recommended maximum level of 1.5 mg/L. "Several of the highest quality studies showing lower IQs in children were done in optimally fluoridated (0.7 mg/L) areas ... Many urinary fluoride measurements exceed those that would be expected from consuming water that contains fluoride at 1.5 mg/L." Furthermore, the WHO guideline was set in 1984 to protect against more severe forms of dental fluorosis, and neurotoxicity was never considered. Few neurotoxicity studies even existed in 1984.

The NTP also responded to commenters asking whether their meta-analysis had identified any safe exposure threshold, below which there would be no loss of IQ.

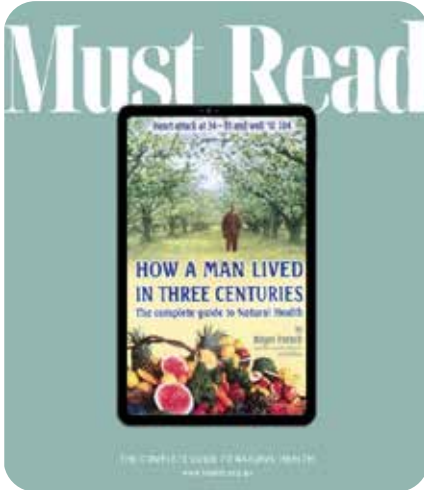
The NTP responded that they found "no obvious threshold" for either total fluoride exposure or water fluoride exposure, referring to a graph in the meta-analysis showing that as water fluoride concentration increased from 0.0 to 1.5 mg/L there was a steep drop in IQ of about seven points (expressed as 'standardised mean difference' units in the graphs).

This analysis, based on many studies, is strong evidence that fluoride is associated with a substantial loss of IQ at levels of exposure common in people drinking artificially fluoridated water, and there is no observable threshold indicating a 'safe' dose.

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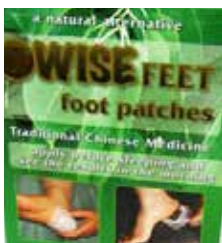
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Over the last 100 years, due to the invention of the light bulb, and more recently, televisions, computers, iPads and smart phones, we are exposed to much more artificial light, blue light and bright light at night than ever before. Prolonged exposure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

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

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True Natural Health p.40

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



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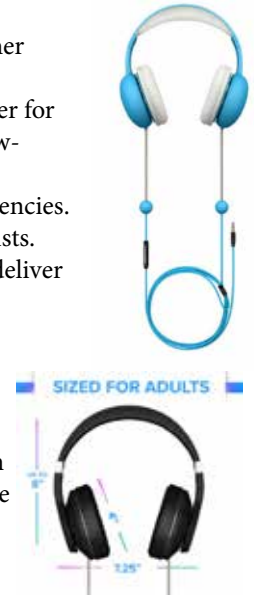
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