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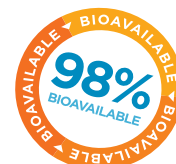


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Welcome
Lynne McTaggart and Bryan Hubbard
Editors



The inconvenient truth

A small group of people tried to prevent you from reading this issue of *What Doctors Don't Tell You*. They pressurized shops to stop selling our magazine and they were prepared to go to almost any lengths to achieve their aims, including the stage-managing of an 'independent' news article in a major newspaper that contained malicious falsehoods about us and our work.

Why? Perhaps because we'd announced the next issue as a 'cancer special' that would include interesting new research about homeopathy.

Although not given any opportunity for right of reply, we have published the facts about those allegations on our websites and Facebook pages, our supporters have offered overwhelming support, and the story has gone wildly viral across the internet as something of a cause célèbre.

But aside from the issues of censorship and press freedom, this subject has great personal meaning to us. About 20 years ago, we had our own experience of looking for answers to cancer when Edie, Bryan's mother, then 78, was suddenly diagnosed with end-stage breast cancer. She'd privately nursed the cancer for several years without telling anyone, let alone seeing a medical professional.

When we finally learned of it and insisted she see her GP, he was shocked when examining her—her breast looked, as he put it, "like raw meat". So advanced was the cancer that it was too late to try chemotherapy or any other intervention other than powerful painkillers. Edie had three months to live at the very outside, the GP said to us privately. "And if I were you, I'd get her affairs in order."

To be honest, we were frightened and far from certain we had any answers. Fortunately, because of our work, we were able to contact WDDTY columnist Dr Patrick Kingsley, a medical pioneer in Leicestershire who has helped people with a variety of conditions, including cancer. We didn't know how successful he'd be with a case of terminal cancer, but we were encouraged to hear that he ran a local cancer group consisting of many other no-hopers who were apparently outliving the odds.

His therapy included high-dose intravenous vitamin C and hydrogen peroxide administered twice a week, and a modified healthy diet free of foods like dairy, wheat and sugar, plus a vitamin supplement programme tailored

to the purse and tastes of someone reared on standard British fare.

We took Edie for treatment twice a week and, within a month, her breast started to heal. Several months later, Edie's GP, the one who'd delivered the death sentence on her in the first place, came to examine her and was astonished to see her walking around at all.

He took several tests and was rendered speechless. The cancer which had ravaged her breast, which he'd been so sure was beyond hope or treatment, had *completely disappeared*. Edie lived on for many more years until her husband died and she, divested of any further purpose, died six months after him.

Worthy alternatives

What's the point of the story? It is emphatically not that we believe that everyone with cancer should take

We took Edie for treatment twice a week and, within a month, her breast had started to heal. Several months later, Edie's GP, the one who'd delivered the death sentence, came to examine her and was astonished to see her walking around at all

vitamin C. A good number of people have had their cancer successfully treated with one of the three standard treatments on offer: chemotherapy, radiotherapy or surgery. These do sometimes work, especially if the cancer is caught early enough.

Neither are we suggesting that people follow any particular course, whether conventional, complementary or alternative. Our job in these

pages is not prescriptive but investigative—to dig out the best research we can about the 'other side of the story' on both conventional and alternative healthcare to allow our intelligent readers to make their own informed choices and decisions.

The point about Edie's story is that there are non-conventional therapies out there that work. Although the proof of their efficacy may still be 'clinical' or 'anecdotal'—meaning they haven't been thoroughly tested in a rigorous double-blind trial—that doesn't mean they aren't worthy

of further investigation. And some alternative therapies are supported by a good deal of published evidence of success.

Many thousands of people have personal experience of such anecdotes of complete recovery by taking a treatment path other than the conventional alone. Journalist and author Laura Bond's mother Gemma—whose story is featured in this issue (page 26)—refused to undergo any conventional treatment for her ovarian cancer. Instead, she tried a smorgasbord of alternatives, from vitamin C and enemas to hyperthermia and ozone therapy, and she's alive and well today and completely clear of her cancer. Laura has researched the kind of personality traits that make for a cancer survivor (page 27) and also the roles of ozone therapy (page 29) and eliminating dairy products (page 34) in successful cancer treatment.

Even homeopathy—that most unlikely alternative therapy which sceptics argue is just so much water and wishful thinking—has shown such considerable promise in its use in India and in US laboratory studies that America's National Cancer Institute wants to carry out further trials of its own (page 68).

Are we saying homeopathy can cure cancer? No. We're saying that it's worthy of further investigation. In fact, investigating alternatives is now an imperative.

For despite all the grandstanding, the pink ribbons and the attempts to cloak cancer treatment in the weighty mantle of science, the fact remains that the vast majority of modern medicine's arsenal against cancer doesn't work. As responsible journalists it's also our duty not to censor, which includes not censoring that the overall success rate of conventional cancer treatments is just 12 per cent. From the orthodox perspective, the War on Cancer is decisively being lost.

Advertising mogul Lord Maurice Saatchi arrived at a similar view to ours after watching his wife die from her chemotherapy as much as from her cancer. He is trying to gain support for a bill that would allow oncologists to try different approaches.

Right now they are struck off for straying from the conventional cutting-

irradiating—poisoning treatment.

The Cancer Act has a similar stranglehold over the marketing of cancer therapies. No one can talk about or publish any product or service that features cancer therapy of any description without falling foul of trading standards.

Read all about it

And so we come to the suppression of *WDDTY*. Although we have been in print since 1989, we only got everyone's attention last year when we appeared on the newsstands.

As soon as our first issue was published in September 2012, the 'charity' Sense About Science, the self-proclaimed 'guardian' of all things 'scientific'—partly sponsored by the Royal Pharmaceutical Society, the official trade body for the UK's drug companies, among other Big Pharma organizations—tried to have us removed from the shelves. Their spokesperson Simon Singh contacted our distributors, urging them to stop supplying our magazine.

Despite all the grandstanding, the pink ribbons and the attempts to cloak cancer treatment in the weighty mantle of science, the fact remains that the vast majority of modern medicine's arsenal against cancer doesn't work

Singh then contacted all our outlets (like WH Smith and supermarkets) and tried to persuade them to stop carrying us. When they refused, Singh and a small cluster of his Sense About Science associates began a mass email campaign, bombarding every supermarket and retail group with emails and a hate campaign of trolls on our Facebook pages. When we alerted our supporters to this, thousands of them sent emails of their own—one of the largest waves of support the supermarkets said they'd ever seen. Singh's campaign didn't end there. He then relentlessly pestered the Advertising Standards Association with complaints about our advertisers in attempts to scare them away.

This skirmish recently flared up again when we announced that this November issue would be a cancer special. *The Times* newspaper ran an article on 1 October, alleging that a group of "experts", including "scientists, doctors

and patients" were "condemning" shops for carrying our magazine and wanted us banned because of a 'health scare'. The only "experts" quoted were Singh, and two other Sense About Science members.

The article also said we'd claimed that vitamin C "cures" HIV, that homeopathy could treat cancer, that we'd wrongly implied the cervical cancer vaccine has killed "hundreds" of girls and that we'd told parents in our latest (October 2013) issue not to immunize their children with the MMR vaccine.

The Times didn't bother to get hold of us to see if anything they'd written was in fact fair and accurate.

It's also apparent from the information reported in *The Times* article that not one journalist or broadcaster had read much of what we'd written, particularly on the homeopathy story, and for a very good reason: the article and issue containing it has not yet been published. All we'd published were two sentences announcing our intention to publish a story with some promising research in this current issue.

Despite *The Times* article's gross inaccuracies and misrepresentations, it was suddenly open season on *WDDTY*, with other media simply parroting the story. *The Wright Stuff* show on Channel 5 quickly followed suit with a TV debate, flashing up a photo of Lynne, while the BBC's *Five Live* had a radio debate on our magazine. By Thursday, when the *Press Gazette* got onto it, the headlines had escalated that our health advice "could prove fatal" (a headline now withdrawn).

In all the furore, not one newspaper, radio show or TV station bothered to get hold of us, not even to solicit a comment—which is basic journalism when you intend to run a story on someone, particularly one so negative. (*The Press Gazette* has since changed its story, as has the BBC.)

Scientific fundamentalism

So why have we upset Sense About Science so much? There is, of course, the most obvious reason: our information threatens the revenues of some of its benefactors, most notably the pharmaceutical industry.

But, fundamentally, Singh and his cohorts believe we are 'anti-science' and

pedalling unproven alternatives that could harm instead of heal.

It's important here to make a distinction between science—the open-minded pursuit of truth without fear or favour—and scientism, a solidified set of beliefs around which academics, industries and professions are framed.

The resistance we've experienced has more to do with the latter, and it is this that Sense About Science seeks to protect. This seems clear from the way the scientism of medicine greets any discovery, breakthrough or possibility that questions or threatens the current medical paradigm—by dismissing such ideas out of hand as 'quackery', even when they are the work of eminent scientists at prestigious institutions such as Oxford, Harvard and Cambridge. These are the studies we report on, as anyone who reads our magazine well knows.

Medicine and indeed most of science is becoming ever more fundamentalist, with grant money paid only to those who confirm the orthodox point of view. That's why chemotherapy, radiotherapy and surgery have remained the only treatments of choice for cancer for so many decades.

For years, medical fundamentalism has only embraced the pharmaceutical model. Drug companies sponsor medical schools, pay for what is often manipulated research and reward doctors willing to prescribe their products with gifts and trips abroad to exotic locations. Medicine has largely become a drug-delivery system.

Drugs constitute a one-size-fits-all model, whereas every human being is unique. Drugs that work on me may not work on you and vice versa; drugs can't be made smart enough to, say, slot tab A into slot B because humans are holistic. As new evidence in biology is beginning to show, the systems of the body interact as a complex, dynamic and highly individualistic whole.

Biochemical individuality creates mayhem with drug trials, which are designed to look for common results in everyone—one reason their results are so often manipulated, massaged or even made up. The Scientific-Ethical Committee for Copenhagen and Frederiksberg Municipalities, which

carried out a review between 1994 and 1995 (published in *PLoS Med* 4(1): e19), estimated that as much as 75 per cent of a sampling of industry-sponsored studies—and possibly up to 91 per cent—were ghostwritten manuscripts to achieve the 'right' result for their corporate sponsors.

Richard Smith, former editor of the *British Medical Journal*, wrote a foreword to a newly published book entitled *Deadly Medicines and Organised Crime: How Big Pharma has Corrupted Healthcare* by Peter Gøtzsche, head of the Nordic Cochrane Centre in Denmark (Radcliffe Publishing Ltd).

In the book, Smith says that Gøtzsche produces detailed evidence to support his case that Big Pharma is guilty of all the offenses of organized crime, from extortion and fraud, to bribery, embezzlement, and political corruption.

When it isn't possible to put a positive spin on the data, the research is often buried so it never sees the light of day, as happened with the painkiller Vioxx,

We need to open up the entire field of cancer — what it is, what causes it and how it could be treated — while taking on new understandings of the body and the impact upon it of the environment, stress and emotions

held responsible for the deaths of 60,000 people before it was taken off the market.

All of this begs the question: Which is the more dangerous modality, the current order of treatment or the alternatives we report on?

Keep asking questions

Many conventional doctors are especially vituperative in their dismissal of important work by innovators, while uncritically embracing many surgical or drug-based solutions that are little more than modern-day snake oil. This has bred a climate in which healers are polarized into 'alternative' or 'orthodox' camps rather than being in one common group in favour of anything with a solid basis in either experimental or clinical practice.

Medicine should be a gift to us all rather than a money-making scheme for the pharmaceutical industry, as it now largely is. With that in mind, we suggest that the following be implemented:

- An independent funding body should be created to finance all medical trials, whether of drugs, other forms of therapy or alternatives
- Doctors should be required to spend one year of their five-year training learning about nutrition, alternative modalities and new possibilities
- Drug-company influence should be entirely excluded from medicine, from training colleges and from trips abroad
- Doctors should be rewarded for adopting non-drug therapies, thus saving the nation at least one small part of the £160 billion spent every year on drugs by the NHS.

But most of all, we need to open up the entire field of cancer—our understanding of what it is, what causes it and how it could be treated—while taking on board new understandings of the body and the impact upon it of the environment, stress and emotions.

As a researcher once commented when asked whether research into alternative healing should continue, "We can't find the answers if we don't keep asking the questions."

The *Times* never acknowledged our complaints, but took the unprecedented step of writing to our supporters to say our version of events was wrong. The author himself engaged in a long debate with our supporters on our Facebook pages, and eventually made the extraordinary suggestion that we shouldn't have run some of our material, or should have run it with a disclaimer. In other words, the role of a reporter is to support the status quo.

We believe the role of the press is something different—that of watchdog over the status quo, whose role is not to censor bad news. "Those who control or suppress access to such information say they do it to protect an 'ignorant' public. Don't be fooled. People who hide information disrespect the public and act against its interest in taking responsible personal action. Don't trust the censors," says James S. Turner, Board Chair of Citizens for Health, a health advocacy organization.

And that's how we will continue to publish this title—unafraid to ask the unpopular questions and to publish the inconvenient truths.



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COVER STORIES

Cancer

SPECIAL



The evidence for homeopathy **68**

Homeopathy is a nonsense, according to scientists and sceptics, but Indian doctors are using it every day to treat cancer—and now the US National Cancer Institute is interested

How homeopathy might work **78**

Many scientists debunk homeopathy because it doesn't seem to conform to natural laws, but new research suggests that water may be an information 'superhighway' for molecular signalling

Essential survival traits **26**

When Gemma Bond refused chemo and beat her cancer with alternatives, her daughter, journalist Laura Bond, investigated the character traits common among cancer survivors

The latest on ozone **29**

New evidence about the effectiveness of ozone as a cancer treatment in many clinical settings

Ways to prevent cancer **36**

At least 40 per cent of all cancer is caused by diet alone. Try minimizing your chances of getting cancer by following these six steps



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Special readers' offer page 9

20% discount on Wood-Knit-Bee candles and products

As a WDDTY reader you can claim a 20 per cent discount across the company's entire range of 100% beeswax candles and hand-crafted oak candlesticks throughout November.



Your views are important to us. Please contact us at:

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NEWS

News¹⁰

Canada licenses 10 homeopathic flu 'vaccines'; chamomile tea switches off cancer cells

Drug news¹⁷

Painkillers drastically lower testosterone levels; two drug groups increase risk of autism

NEWS FOCUS

Statin wonderland²⁰

The world's bestselling drugs for lowering cholesterol don't help heart disease, says a major new review of the evidence

Hygiene, not vaccine²⁴

Although vaccines get the credit for eliminating childhood diseases, good nutrition and sanitation have more to do with it

PREVENTION

Stretching: the truth³⁸

You can increase your suppleness and become far more flexible with these six simple moves, says exercise expert Paul Chek

6 ways to keep Alzheimer's at bay⁴²

Alzheimer's and dementia aren't inevitable consequences of ageing. There's plenty to do now to keep your brain healthy

FAMILY HEALTH

The natural doctor's casebook⁴⁴

Promising alternative treatments for migraine and vitiligo

Small but mighty⁵³

Your child's brain will develop faster by perceiving subtle differences, says movement expert Anat Baniel

When your pet has cancer⁵⁶

If the conventional treatment hasn't worked or you don't fancy using chemo on your dog, try these alternatives

Unhealthy rays⁶⁰

Our 'electrosmog doctor' physicist Guy Hudson examines evidence that 'soft' electromagnetic rays that surround us in modern life can be harmful to health. Find out how to protect yourself

Sweet dreams are made of this⁶³

You can avoid refined sugar altogether with these naturally sweet raw foods, says our raw food chef Markéta Bola

HEALTHY LIVING

Treating your child's ear infections naturally⁶⁶

If your child is prone to this condition, these home remedies are Food as Medicine columnist Annemarie Colbin's favourites

ALTERNATIVES

Easing into the change⁸⁰

Avoid the risks of HRT and ease all the bugbears of menopause with this ancient remedy, says Harald Gaier

HEALTHY SHOPPING

Well polished⁸⁴

Our pick of nail varnishes without the nasties

Bottom line⁸⁶

Six eco alternatives to regular disposable nappies

What's new⁸⁸

The latest healthy choices for you and your home

REGULARS

Your complete guide to good nutrition⁹⁰

Do you need more vitamins or minerals? Check out our complete new chart showing which illnesses may in fact be a nutritional deficiency

Addicted by prescription⁹⁸

After the death of her son, Joan Gadsby was prescribed tranquillizers. After they almost killed her, she became a leading campaigner against their dangerous use

Resources⁹⁷

Find out more about the information published this month with other publications by WDDTY

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Your views on health, WDDTY and recent features in the magazine

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Men **aged 69 and older** derived

ZERO

benefit from taking statins

Drugs for **high blood pressure** can cause **memory loss** in

90 days

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homeopathic 'vaccines' have been licensed for use in Canada

Women who drink **two or more cups of coffee** a day may **cut** the recurrence of breast cancer by **1/2**

Only **38%** of patients **diagnosed** as **depressed** actually are

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WHAT DOCTORS DON'T TELL YOU

Editorial Panel

What Doctors Don't Tell You is supported by some of the world's leading pioneers in nutritional, environmental and alternative medicine. Each is an authority in his or her field; many have broken new ground and inspired new practices in medicine.



Dr. John Mansfield, one of Britain's leading pioneers in allergy, food sensitivities and clinical ecology, founded the Burghwood clinic, which researches and treats allergy and environmental illness. Former president of the British Society for Allergy and Environmental Medicine, Dr. Mansfield has authored numerous papers on allergies and several popular books on migraine, asthma and arthritis.



Dr. Patrick Kingsley, a specialist in nutritional and environmental medicine for 25 years, focused on 'treating the incurables', especially those with cancer and multiple sclerosis, through a holistic approach involving diet, supplements and general lifestyle overhaul. Now retired and writing about his successful treatment regimes, he has authored numerous books, including his latest, *The New Medicine*.



Dr. Jean Monroe, medical director of the Breakspear Hospital, is an internationally recognized specialist in environmental medicine, including such conditions as chronic fatigue syndrome, Lyme disease and multiple chemical sensitivity. She is Fellow of the American Academy of Environmental Medicine and a Board Certified US examiner.



Dr. Damien Downing, whose practice specializes in allergy, environment and nutrition, is current president of the British Society for Ecological Medicine and co-founder and current editor of the *Journal of Nutritional and Environmental Medicine*. Medical director of the Alliance for Natural Health, he is also author of numerous books, including *The Vitamin Cure for Allergies*.



Dr. Harald Gaier, arguably the UK's most knowledgeable practitioner of the major alternative medical disciplines, is registered in the UK as an osteopath, homeopath, acupuncturist, naturopath and medical herbalist. Former director of medical research at The Hale Clinic and the Diagnostic Clinic and a committee member of the Prince of Wales' Foundation for Integrated Health, Dr. Gaier is author of numerous scientific papers and *The Encyclopedia of Homoeopathy*.



Dr. Michel Odent, a French-trained surgeon and obstetrician, is the foremost pioneer of the natural birth movement, emphasizing home and water birth. Founder of the Primal Health Research Centre in the UK, he has written some 50 scientific papers and 11 books, now in 21 languages.



Dr. Melvyn Werbach, trained as a psychiatrist, is an expert in nutritional and botanical influences on illness and mental illness. He has held a faculty appointment in psychiatry at the UCLA School of Medicine, served as president of the Biofeedback Society of California in 1977, and authored numerous books, including the award-winning *Nutritional Influences on Mental Illness*.



Dr. Jonathan Wright, medical director of the Tahoma Clinic in Renton, Washington, pioneered nutritional medicine in the US. A board member of the American Preventive Medical Association (APMA) and the International College of Advanced Longevity Medicine, he has published 11 books.



Annemarie Colbin, Ph.D., is founder and CEO of the Natural Gourmet Institute for Health and Culinary Arts in New York City, the oldest natural foods cooking school in the US. Dr. Colbin is adjunct professor of nutrition at Empire State College in New City, NY, and Touro College, a lecturer at the Institute for Integrative Nutrition and the author of four books, including the bestselling *Food and Healing* and her latest offering, *The Whole-Food Guide to Strong Bones*.



Janet Balaskas, who named and inspired the Active Birth Movement in the 1970s, helped to revolutionize many maternity practices around the world. Janet is the founder and director of the Active Birth Centre in North London and the author of nine books including *Active Birth*, *Preparing for Birth with Yoga* and *Easy Exercises for Pregnancy*.



Craig Sams is co-founder of Whole Earth Foods, a leading organic food company, and founder and President of Green & Blacks Organic Chocolate. Currently he is chair of the Soil Association, executive chairman of Carbon Gold Ltd, a carbon sequestration business based on the use of biochar as a soil improver, and a trustee of the Slow Food Trust UK. He is also the author of four books, including *The Little Food Book*.



Sally Bunday is founder of the the Hyperactive Children's Support Group, the first organization to draw attention to the role of diet and nutrition, particularly the effect of food additives and essential fatty acid deficiencies, in childhood behaviour problems. The registered charity has helped thousands of families of children with attention deficit/hyperactivity issues since it started more than 30 years ago.

HAVE YOUR SAY



GET IN TOUCH: Share your views on *What Doctors Don't Tell You* via email, Facebook, Twitter or good old snail mail.

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Email: letters@wddty.co.uk

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What a doctor tells us

Dear WDDTY I have 37 years experience in the NHS, as a maxillofacial surgeon and GP, so I know a thing or two about illness and healing. I was incensed by Sense about Science's comments re your ideals and wish to applaud you in your fight against corruption in health and Big Pharma. I gave up the NHS partly because of such reasons, and now do wholly alternative medicine.

I have seen too many suffer side-effects of unnecessary and dangerous medications to stand back and tacitly approve of their continued use. We are not, as medical students, taught how medical thought and strategies change every 20 years, but are instead brainwashed by the current paradigm and its latent financial and social aspects.

Having gone to the most famous medical school in the world, I look

back with hindsight on my training and realize, apart from accident and emergency medicine, just how unevolved most orthodoxy is, locked into such a narrow sense of its own drug-based conditioned reality, and how as medical practitioners, we actually know so much less than the public thinks we do.

Dr Neil Milliken, via email

Time to fight back

Dear WDDTY I've been thinking about the latest attack on freedom of speech and basic human rights by Simon Singh and The Nightingale Collaboration. It's time to fight back. As Albert Einstein said, "The world will not be destroyed by those who do evil, but by those who watch them and do nothing."

Like all dictators it would seem as if Singh and his group think they are the only ones who can exercise

the right to freedom of speech. The usual way for them to achieve this is to collaborate with the press and have them print one side of the story and not allow the other party the right to defend the accusations.

Medical dictators are the same as any other dictator; they must use fear and intimidation to stop the general public from discovering the truth about the devastation caused by the profit-driven ethics of mainstream medicine.

The NHS is critically ill and its survival depends on the financial and corrupt political life support systems of Big Pharma.

But times have changed; we can become our own media, we no longer have to depend on the television and press to tell our side. We have the internet. Publications such as *WDDTY* are vital if we want to find out the truth about mainstream medicine.

Phil Hughes, via email

Special Readers' Offer

Candles to light the autumn gloom

With the nights drawing in, there's something special about the warm feeling that candlelight can create. But there are candles and there are candles, and those made from beeswax were considered throughout history to be the very best, reserved for the most important, and religious, occasions.

So we're delighted to be partnering with Wood-Knit-Bee, which produces a wide range of candles that are made from 100 per cent pure beeswax.

And throughout November, every *WDDTY* reader is entitled to a 20 per cent discount across the company's entire range of candles and hand-crafted oak candlesticks.

You'll find candles for every occasion on the Wood-Knit-Bee website, from casual tea lights to impressive pillar candles for the grandest of occasions.

The prices suit any pocket, too, starting from just a few pounds. And with the 20 per cent discount, there's even more reason to add a little candlelight to your autumn.

The people behind Wood-Knit-Bee are Abigail Mason, a Steiner Waldorf teacher, and Alex Houlton, an interior designer.

To claim your discount, visit the Wood-Knit-Bee website, www.wood-knit-bee.com and, having made your selection, click on the banner 'Have a coupon?' and input the code: WDDTY. The 20 per cent discount will be applied to your basket.

Save
20%

FLU SHOT NEWS

Flu jab 'a con', says researcher

The annual flu jab is one of the great cons perpetrated on the public, says a leading academic, and is designed to drive up drug company revenues through a government-approved scaremongering campaign.

The vaccines aren't very effective and they cause more side-effects than government agencies admit, says Peter Doshi, a postdoctoral fellow at Johns Hopkins University School of Medicine.

Demand for the annual flu shot is driven entirely by government health warnings emphasizing that seasonal flu is a serious disease with complications, and that the vaccine is a risk-free life saver. To support the last claim, the US government has cited studies suggesting the vaccine reduces the risk of death from flu by 48 per cent. "If true, these statistics indicate that influenza vaccines can save more lives than any other single licensed medicine on the planet," says Doshi. The studies are implausible and fail to take into account the 'healthy-user effect', where healthier people are more likely to have the vaccine.

"For most people, and possibly most doctors, officials need only claim that vaccines saves lives, and it is assumed there must be solid research behind it," he says.

Influenza is just one more example of disease-mongering, he says, or the medicalizing of ordinary life just to expand the market for pharmaceuticals.

BMJ, 2013; 346:f3037



TOP TIP

Chamomile tea switches off cancer cells

Could chamomile tea prove to be a more effective cancer fighter than chemotherapy? Although it may sound absurd, researchers have discovered that the tea—along with parsley and celery—is rich in a compound that 'reminds' cancer cells to die.

The key compound is apigenin that, along with the tea, is found in many fruits and vegetables—in fact, in all the plant-based foods that make up the Mediterranean diet, researchers at Ohio State University have discovered.

They have tested the compound on breast cancer cells, and found that it turns back on a natural process known as apoptosis, or programmed cell death. Cancer cells have lost their ability to die, and so grow inexorably.

Apigenin also binds with 160 proteins, creating a complex healing process that is anti-inflammatory, whereas a pharmaceutical drug targets just one molecule, the researchers say.

<http://cancer.osu.edu/mediaroom/releases/Pages/The-Compound-in-the-Mediterranean-Diet-that-Makes-Cancer-Cells-'Mortal'.aspx>

Homeopathic flu vaccines are effective, says Canada

Ten homeopathic flu vaccines have been licensed for use by Canada's health regulator. They join a growing list of homeopathic vaccines available to Canadians, including those to prevent polio, measles and pertussis (whooping cough). All of the vaccines have passed tests that deem them to be "safe and effective when used according to instructions on the label".

The latest licences have been granted to a range of homeopathic flu vaccines called *Influenzinum*, which has been manufactured by various companies, including B.J. Pharmaceuticals, Boiron and Homeocan.

BCM, 2013; 55:201-2



TOP
TIP

SUNBATHING IS GOOD FOR YOUR HEART

The benefits of sunshine far outweigh any increased risk of skin cancer, say researchers who believe the current 'safe sun' guidelines need to be rewritten.

Exposure to the sun's ultraviolet (UV) rays lowers blood pressure, and this can reduce the risk of heart attack and stroke, and may even prolong life, say researchers from Edinburgh University.

The benefits of sun exposure far outweigh the risks because heart disease causes 80 times more deaths than skin cancer, they say.

Just an hour's exposure to the sun dramatically reduces blood pressure by releasing nitric oxide, a compound essential for cardiovascular health.

The researchers now want to look at the risks of sunbathing over different periods of time. If they still find that sunbathing has a positive effect on heart health, the current safe sun guidelines will need rewriting, they say.

Presentation at International Investigative Dermatology, May 8–11, 2013, Edinburgh, Scotland

Sunshine may reduce asthma attacks

Vitamin D—the 'sunshine vitamin'—could help reduce the worst effects of asthma, so sufferers should do more sunbathing or take supplements, say researchers.

Asthmatics with more severe symptoms tend to have low levels of vitamin D, while those with high levels are able to control their symptoms better. Researchers at King's College London say the connection between levels of the vitamin and severity of symptoms is "quite striking".

J Allergy Clin Immunol, 2013; 132: 297–304

'Big farma' law targets organic smallholdings

Commercial gardeners and farmers in Europe will soon be required to "grow, reproduce or trade" only vegetable seeds that have been approved by the EU bureaucracy. Organic, small-market gardeners and even those trying to achieve sustainable living at home will be breaking the new law if they grow unapproved plants and seeds.

Under the directive—the Plant Reproductive Material Law—a new bureaucracy will be created to approve all plants and seeds that are sold and grown. Every type of plant species will be governed by the Plant Variety Agency, which will have the power to approve agricultural plants, grasses, mosses and flowers. The agency will also create a register of gardeners who will be the only ones allowed to grow and sell the approved seeds.

www.realseeds.co.uk/seedlaw.html





Fasting improves heart health

Fasting—where little or no food is eaten a few days per week—can be as beneficial as exercise or surgery if you have heart disease. It improves blood pressure while releasing a protein that naturally protects the heart, and recent research suggests it may even reverse type 2 diabetes.

All the benefits of fasting have been evaluated by scientists at Aston University in Birmingham, UK, and they have come away with a long list topped by improvements in heart health, reversal of diabetes and reduction in inflammation.

Intermittent fasting—where food is not eaten on alternate days or several days a week—is also an effective way to lose weight, says lead researcher James Brown.

The diet is just as effective as exercise and bariatric surgery (weight loss surgery), which is usually performed in obese patients, and it improves pancreatic functioning.

When you fast, the body raises levels of adiponectin, a protein that helps protect the heart.

Br J Diabetes Vasc Dis, 2013; 13: 68–72

EVERYDAY DRUGS MAY CAUSE MEMORY LOSS

Starting to get a little forgetful? Don't blame it on getting older—it's as likely to be caused by the over-the-counter (OTC) drugs you're taking for everyday ailments like insomnia and poor digestion.

Medications with 'anticholinergic' effects cause memory loss and other mental dysfunctioning within just 90 days, researchers have discovered. Anticholinergic medications include prescription drugs for hypertension (high blood pressure), heart disease and chronic lung problems as well as OTC remedies for insomnia, poor digestion and antihistamines.

The drugs block acetylcholine, a nervous system neurotransmitter, so they also cause memory loss and impairment of general mental functioning.

Although these drugs' effects have been known for some time, researchers at the University of Iowa were surprised just how quickly they can cause problems. In a study of 3,690 older people taking anticholinergic medication, their mental functioning began to be affected within 90 days.

Alzheimers Dement, 2013; 9: 377–85

Cholesterol levels rise in winter—and fall in summer

If you've been told your cholesterol levels are getting high, it could be more to do with the time of year they were checked. 'Bad' LDL cholesterol rises dramatically during the winter—possibly triggering a prescription for statin drugs—and then comes down to safer levels in the summer months.

Brazilian researchers have discovered the seasonal fluctuations in both HDL and LDL cholesterol levels, and reckon the differences could be even greater in Northern Europe and North America, where the winters are colder.

But even in the mild winters of Brazil, LDL cholesterol can rise to levels high enough to put hundreds of thousands of people on statin therapy—and yet, by summertime, those LDL levels have returned to normal while levels of 'good' HDL cholesterol have gone up.

Researchers at the State University of Campinas in São Paulo made the discovery when they assessed cholesterol levels of 227,359 people over a two-year period. Levels of LDL cholesterol rose by an average of 7 mg/dL during the winter, which made 8 per cent of people new candidates for a statin drug.

Presentation at the American College of Cardiology 62nd Annual Scientific Session & Expo, March 7, 2013, San Francisco, California

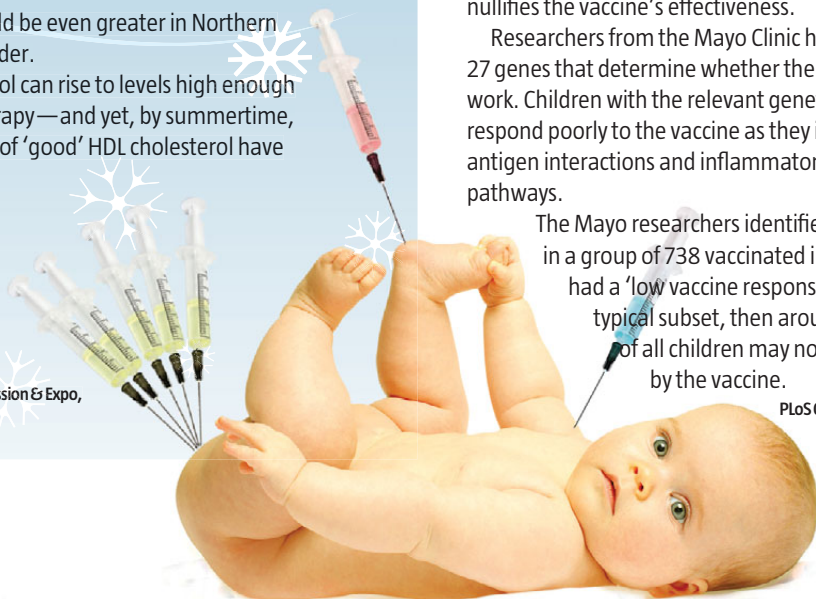
MMR doesn't protect 4 per cent of children

The rubella (German measles) component of the measles–mumps–rubella (MMR) vaccine doesn't work in a sizeable minority of children, leading researchers have discovered. It offers no protection in up to 4 per cent of children whose genetic profile nullifies the vaccine's effectiveness.

Researchers from the Mayo Clinic have identified 27 genes that determine whether the vaccine will work. Children with the relevant genetic differences respond poorly to the vaccine as they interfere with antigen interactions and inflammatory and genetic pathways.

The Mayo researchers identified 25 children in a group of 738 vaccinated individuals who had a 'low vaccine response'. If this is a typical subset, then around 4 per cent of all children may not be protected by the vaccine.

PLoS One, 2013; 8: e62149



APOPTOSIS FROM NATURE

Apoptosis is a word that is being used more frequently amongst veterinarians and dog lovers fighting for their pet's health. It's nothing new; the term 'apoptosis' merely means 'natural cell death.' In some chronic conditions old, damaged or deranged cells have lost their programming to switch off and die. They multiply indefinitely, creating conditions which are very hard to fight. There didn't appear to be a way to induce this natural biological process to help our pets, until now.



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TOP
TIP

A lie-in helps prevent diabetes

There is a God . . . having a lie-in at the weekends is good for your health, and helps prevent diabetes. A few hours extra sleep improves the body's ability to clear glucose (blood sugar) from the bloodstream, and this keeps diabetes at bay.

Many of us don't get enough sleep during the busy working week, and this affects the body's ability to use insulin, a hormone that regulates blood sugar levels. Eventually, this insensitivity or intolerance can lead to type 2 diabetes, a chronic condition that is the seventh leading cause of death in the West.

In an experiment with 19 healthy young men who slept for around six hours a night during the week, researchers found that the participants' insulin sensitivity increased after they had slept for 10 hours for three nights over the weekend.

The Endocrine Society's 95th annual meeting, San Francisco, June 18, 2013

TOP
TIP

Tomatoes may reduce prostate cancer risk

Three to four servings a week of tomatoes and tomato-rich dishes could help protect men aged 55 and older against prostate cancer. It's best to eat them whole to get the full protective effect.

The risk of developing the cancer drops even further when soy is added to the diet. Up to two servings a week of soy seems to magnify the tomato's protective effects, say researchers at the University of Illinois.

Cancer Prev Res [Phila], 2013; 6: 548-57

TOP
TIP

Fish oils counter junk-food effects

Worried about your kids eating junk food? Giving them omega-3 fish oil supplements could help protect their growing brains.

The supplements appear to protect the brain from the inflammatory processes triggered by a high-fat and junk-food diet, and help to restore normal brain functioning, say researchers from the University of Liverpool.

A junk-food diet prevents the brain from generating new nerve cells by suppressing hormones that protect neurons and stimulate their growth.

Br J Nutr, 2013; 109: 1573-89



TOP
TIP

Coffee halves risk of breast cancer recurring

Women who've been successfully treated for breast cancer are far less likely to see a recurrence if they drink two or more cups of coffee a day.

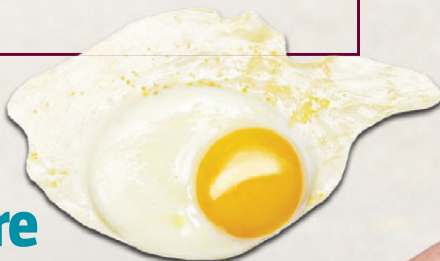
Coffee seems to boost the effects of the common cancer drug tamoxifen, and women who drink it are only half as likely to see the cancer return as women who take the drug on its own.

Researchers from Lund University in Sweden reckon that coffee 'activates' tamoxifen, a hormone therapy that's often prescribed following breast cancer surgery.

It's not the first time the Lund researchers have seen the positive effects of coffee on cancer. It's also reduced the risk of developing breast cancer in the first place, as caffeine seems to hamper the growth of cancer cells.

Cancer Causes Control, 2013; 24: 929-40

Egg whites lower high blood pressure

TOP
TIP

Egg whites are as effective as drugs for lowering blood pressure. They contain a peptide that is as successful at lowering blood pressure as the ACE inhibitor drug captopril,

researchers from Jilin University have discovered.

And frying the eggs, rather than boiling them, seems to bring out their antihypertensive qualities even more.

Presentation at the 245th National Meeting & Exposition of the American Chemical Society, April 9, 2013, New Orleans, Louisiana

ALTERNATIVE THERAPIES CAN HELP LOWER BLOOD PRESSURE

Non-drug treatments could work just as well as drugs in lowering blood pressure, the American Heart Association has declared in an important 'position paper' aimed at heart specialists.

Transcendental (TM) and other meditation techniques, yoga, relaxation techniques, biofeedback and acupuncture all have varying degrees of evidence to suggest they can help lower blood pressure, and some as effectively as pharmaceuticals, says AHA chairman Robert Brook and colleagues.

In a special Scientific Statement, the AHA group says that alternatives can help people with blood pressure higher than 120/80 mmHg and those who can't tolerate drugs. But alternative therapies shouldn't be used as a replacement for good heart health advice such as exercising more, losing weight and not smoking, it adds.

Hypertension, 2013; 61: 1360-83



DOCTORS SAY THE FUNNIEST THINGS



Whilst chatting through my son's alkaline/anti-inflammatory/low-histamine diet, a doctor asked me, "Is fish a source of protein then?"

Around 10 years ago, I was told by my then GP, who wrote me a prescription for venlafaxine, that "you will need to take this drug for the rest of your life". I recently told my new GP this and he was surprised because "we have been told not to prescribe it any more due to serious cardiac side-effects".

"Look at all these papers," said my doctor, opening his briefcase, "do you honestly think I have time to read about if something has side-effects or drug interactions? You either take this [medication] or you don't."

I had itching all over my body for two and half years. My doctor never took me seriously, and she used to call me Mrs Itch... I found out it was cancer only after I insisted on tests.

DOCTORS SAY THE FUNNIEST THINGS are genuine quotes collected by naturopath and herbalist Gabi Heyes from her patients. If you have a 'Doctor Funny', add it to the Facebook page at <https://www.facebook.com/DoctorsSayTheFunniestThings>. The best will be featured in future issues.

Gabi's website:
www.naturalpractices.co.uk

SIDE-EFFECTS FROM DRUGS TOTAL 1,600

Side-effects from prescription drugs are one of the major reasons people are rushed into hospital—but do you know just how many possible side-effects there are with the drugs your doctors prescribe? Two biologists have tracked at least 1,600 of them so far.

Side-effects ranging from yellow vision—apparently suffered by artist Vincent Van Gogh—to involuntary 'tics' and respiratory paralysis, where you just can't breathe, have been identified by the pair from the Institute for Research in Biomedicine in Barcelona.

They have produced a biological and chemical 'signature' to each of 1,162 side-effects in the hopes that doctors may be able to deal with them better and that drug companies will find safer alternatives.

By understanding the biochemical profile of each side-effect, they believe they can then identify the drugs that could cause it in the first place. One side-effect known as buccoglossal syndrome (or tardive dyskinesia), a problem where the body twitches uncontrollably, may be caused by six different drugs, although not all of them list it as a possible side-effect.

Chem Biol, 2013; 20: 594–603

Doctors misdiagnose depression 86 per cent of the time

Has your doctor diagnosed you as clinically depressed and prescribed an antidepressant? If you're a senior citizen, you should get a second opinion—because there's a very good chance you're not depressed at all.

Only around 38 per cent of people diagnosed as depressed by a clinician actually are, a researcher at the Johns Hopkins Bloomberg School of Public Health has discovered. Overdiagnosis of the condition is "staggering", said researcher Ramin Mojtabai.

Worse, his research reveals that six out of seven people (14 per cent) aged 65 or older are more likely to be diagnosed as clinically depressed than younger adults in spite of not meeting any of the standard criteria for depression.

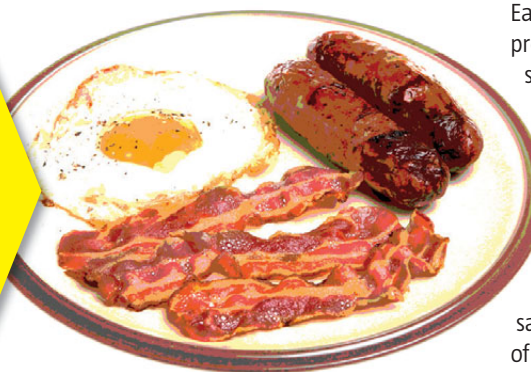
These findings were based on an analysis of 5,639 people diagnosed as clinically depressed over the previous 12 months. Most were taking psychiatric medication and antidepressants, usually on the basis of the most recent diagnosis. Very few of them had been diagnosed with depression before.

Psychother Psychosom, 2013; 82: 161–9



TWO SAUSAGES AND ONE RASHER OF BACON EVERY DAY:

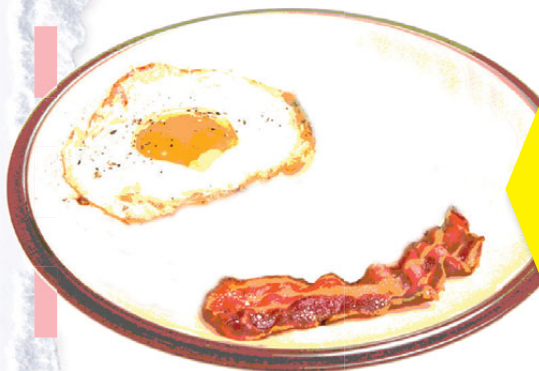
INCREASE YOUR CHANCES OF PREMATURE DEATH BY 44%



Eat 160 g or more of processed meats like sausages, ham and cured meats every day and you are 44 per cent less likely to be alive 12 years later than someone who eats just 20 g or less. Two sausages and a rasher of bacon gives you 160 g, and two rashers of bacon represents around 70 g.

ONE RASHER OR LESS OF BACON EVERY DAY:

LIVE A LONG LIFE



Researchers reckon that around 3 per cent of premature deaths could be avoided by reducing the daily consumption of processed meats to less than 20 g a day.

BMC Med, 2013; 11: 63

DRUG NEWS

Steroid alert after life-threatening reaction found

Glucocorticoids are steroid hormones released by the adrenals and used in many medications, including asthma and rheumatoid arthritis treatments. But researchers have only just discovered that they cause life-threatening pancreatic inflammation, especially if the patient drinks or smokes.

Oral glucocorticoids increase the risk of acute pancreatitis by 70 per cent, which can be a life-threatening problem in up to 20 per cent of cases. The worst effects seem to happen within three days of starting the medication, say researchers from the Karolinska Institute in Sweden.

The researchers saw no reactions in people using inhalers for their asthma, but they recommend that everyone prescribed corticosteroid pharmaceuticals should be told of the possible risks and also told not to drink or smoke while taking these medications.

JAMA Intern Med, 2013; 173: 444–9

Stomach acid drugs increase risk of diarrhoea bug

Drugs for stomach acid increase your chances of suffering from the *Clostridium difficile* bug, one of the most common cases of diarrhoea.

Stomach acid is one of the body's natural defences against the bug, but histamine 2 receptor antagonist drugs (also known as H2 blockers) reduce acid levels so that infection becomes much more likely, especially in hospitals and care homes.

Indeed, the highest risk is seen in hospitalized patients also taking antibiotics. While H2 blockers like

Tagamet and Zantac are available over the counter, these use the least potent doses and don't appear to have the same effects.

PLoS One, 2013; 8: e56498

Two major drug groups could cause autism

Women who take certain prescription drugs while pregnant are increasing the chances of autism in their child. Antidepressants and the epilepsy drug Epilim (valproate) have both been associated with the learning and behavioural problem.

All antidepressants, including the newer generation of SSRIs, triple the chances of the unborn child developing autism. But a study of 1,679 children with autism spectrum disorder discovered that even the supposed 'safer' non-selective monoamine reuptake inhibitors (tricyclics) were just as likely to cause the problem if the mother took them while pregnant.

So women who suffer from depression during pregnancy should seek out non-drug therapies, say researchers from the University of Bristol.

In a separate study, the antiepileptic drug valproate (Epilim) increased the risk of autism "significantly" when taken during pregnancy. Autism is the latest in the list of serious effects to the unborn child, which also includes congenital malformations and delayed cognitive development.

BMJ, 2013; 346: f2059 (antidepressants); *JAMA*, 2013; 309: 1696–703 (valproate)

Long-acting painkillers lower testosterone levels

Men are popping more painkillers than ever before for chronic pain, and most are taking long-acting medications because the doctor thinks they're safer. But researchers have discovered that this 'safer' option comes with an alarming side-effect—it dramatically reduces testosterone.

Long-acting painkillers, which are taken every eight to 12 hours, can lower testosterone levels by as much

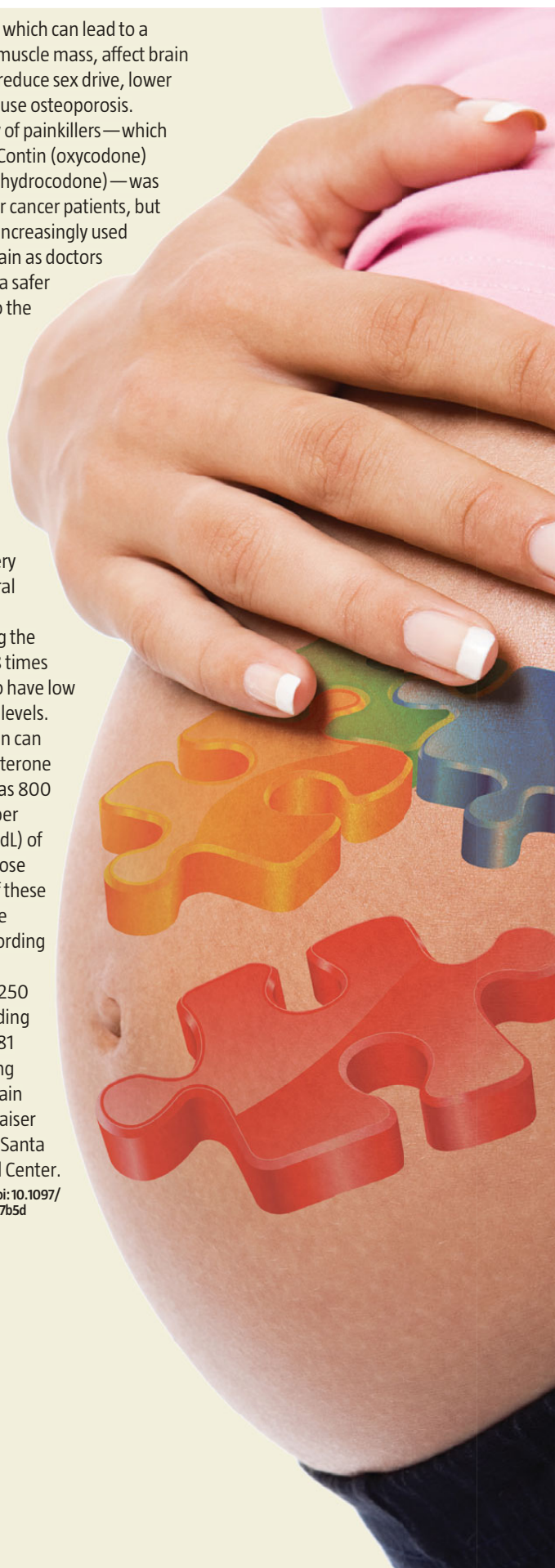
as five times, which can lead to a reduction in muscle mass, affect brain functioning, reduce sex drive, lower mood and cause osteoporosis.

This family of painkillers—which includes OxyContin (oxycodone) and Vicodin (hydrocodone)—was developed for cancer patients, but has become increasingly used for general pain as doctors saw them as a safer alternative to the short-acting, immediate-release painkillers.

Around 4.3 million American men take a long-acting painkiller every day for general pain.

Men taking the drugs are 4.8 times more likely to have low testosterone levels. A healthy man can have a testosterone level as high as 800 nanograms per decilitre (ng/dL) of blood, but those taking one of these painkillers are regularly recording testosterone levels below 250 ng/dL, according to a study of 81 men attending the chronic pain clinic at the Kaiser Permanente Santa Rosa Medical Center.

Clin J Pain, 2013; doi: 10.1097/ajp.0b013e31827c7b5d





Rob Verkerk THE POLITICS OF HEALTH

Older but not healthier

Ignore the government's advice about to what eat if you want live to a ripe old age

Robert Verkerk PhD is the executive and scientific director of the Alliance for Natural Health International, a consumer group that aims to protect our right to natural healthcare and nutrition.

For more information and to get involved, go to www.anh-europe.org, or check out ANH's Facebook and Twitter pages (www.facebook.com/ANHInternational and www.twitter.com/anhcampaign)

National statistics give us a clue of our predicted lifespan on this planet. Most men and women in the UK are expected to live more than 80 years, but relatively few make it beyond 90. That may be better than we were doing 50 years ago, but recent statistics suggest lifespans might be shortening again.

But mortality statistics show us just one side of the coin. Possibly the more relevant issue is how long we remain healthy and disease-free. As a society more of us are living longer, but with chronic illness.

Heart disease and diabetes, two of the big killers, are now developing among children, and few of us make it to 70 without cancer, heart disease, diabetes or dementia. This raises the question: How much control do we have over our destiny?

The evidence suggests that while it may be more difficult to dramatically alter our lifespan, we can easily reduce our risk of disease and improve our quality of life. Although Big Pharma and modern medicine have yet to come up with a silver bullet that helps us prevent disease to any significant degree, the science is clear on one factor: our choice of diet and lifestyle is the single strongest determinant—genetics apart—of the health quality we experience during our lives.

Given the wealth of evidence on this point, you'd think that governments would be bending over backwards to ensure we make the best possible choices to help reduce the future burden on our already overtaxed healthcare system, but they simply pay lip service to the notion. And sometimes their advice is in conflict with the latest scientific views.

Guidance on nutrition, for example, can be found in the form of the 'eatwell plate' on the NHS Choices website. But nearly 60 per cent of the food recommended—from starchy

carbs, milk and dairy to "foods and drinks high in fat and/or sugar"—is unnecessary to health and largely responsible for the current type 2 diabetes and obesity epidemics.

Yet the industries that make these foods are by far the dominant ones in the food industry, with the 'Big 10'—Nestlé, PepsiCo, Unilever, Coca-Cola, Danone, Kellogg, Mars, Mondelez International (formerly Kraft Foods), General Mills and Associated British Foods, amidst a sea of 1.5 billion food producers worldwide—controlling around 70 per cent of our food choices.

These companies exert their influence in many ways, but lobbying and advertising are two of the most important. They also function under several guises: as themselves through their trade associations; or sometimes via third parties, ranging

The science is clear on one factor: our choice of diet and lifestyle is the single strongest determinant of the health quality we experience during our lives

from celebrities to 'patient groups' that supposedly represent the interests of those suffering from a wide range of diseases or conditions like diabetes, Alzheimer's and cancer.

There are undoubtedly many behind-closed-doors meetings that few of us ever get to hear about, while the more public interactions are between the large trade associations and both unelected and elected representatives of government—officials and MPs and MEPs, respectively.

One simple rule applies in lobbying: the influence exerted is directly proportional to the size of the company represented. That's why in the food and natural-health areas, Europe-wide associations like the Association of the European

Self-Medication Industry (AESGP), FoodDrinkEurope, the International Life Sciences Institute and Food Supplement Europe, which represent both Big Pharma and Big Food, wield the lion's share of influence. Smaller associations and groups such as the European Association of Craft, Small and Medium-Sized Businesses (UEAPME), ourselves (Alliance for Natural Health Europe) and the European Benefyt Foundation need to work very hard to even be heard.

Many who become aware of this reality feel disempowered. But there are two simple things we can do.

First, we can reduce our dependence on products made by these companies. Put simply, that means avoiding processed foods whenever you can. The size and might of these corporations is maintained only if we support them via our wallets.

So without needing to write letters to your MP or bearing a placard in an anti-globalization rally, you can make different choices over the way you feed yourself and your loved ones. One of the easiest ways of doing this is to 'go local', or choose wisely when you are doing your weekly shop. Try to buy organic fruit and vegetables as much as you can.

You can subscribe to an organic-box scheme and have your weekly supply of organic fruit, veg and other produce delivered to your door. And for those of a non-vegetarian persuasion, you can buy locally sourced meats at your local butcher.

While you may pay a premium for such foods, many find the net cost is no higher mainly because wastage is reduced and the many temptations in supermarket aisles are avoided.

For those yet to experience the pleasure of becoming independent of the Big Ten, you have almost nothing to lose and so much to gain—not least of all, a healthy long life.



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Statin wonderland

The world's best-selling drugs don't help prevent heart disease, a major new review has discovered

If you're aged 50 or over, your doctor may well suggest you start taking a statin drug as part of your daily routine. He will tell you the drug keeps your 'bad' artery-clogging LDL (low-density lipoprotein) cholesterol in check and so can help you live into healthy old age without heart disease. As Oxford professor Sir Rory Collins put it, statins are just one of life's good things that all of us should be routinely taking, whether or not we are a candidate for a heart attack.

And the world seems to agree. In the 30 years since it was launched, annual sales of statin drugs have grown to around £20 billion (\$32 billion); one statin, Lipitor (atorvastatin), holds the record as the best-selling drug in history, with annual sales reaching \$12.4 billion in 2008. And in the UK you don't even have to see a doctor to start your statin regime; there's a version sold in pharmacies you can get without a prescription.

But a major new study has discovered that the statin is medicine's equivalent of the Emperor's new clothes. Everyone says the drug protects against heart disease, but the appalling truth appears to be the exact opposite. Far from being miracle life savers, statins seem to be a killer for all but a small group of people.

So how have doctors got it so wrong? Two factors appear to be at play: the deliberate concealing of the true data; and

the disputed theory that LDL cholesterol causes heart disease.

The truth is out there

Two researchers at University College Hospital in Galway, Ireland, uncovered the truth this year when they analyzed 55 studies of statin therapy. People taking these drugs weren't living longer—and were just as likely to develop heart disease—as people not taking a statin. Worse, women, diabetics and young people were more likely to develop heart disease if they took a statin.¹

And that's the good news, the sort we're allowed to read. Virtually all the research into statins is paid for by their manufacturers—one drug company is spending around £35 million (\$56 million) on one study alone—and researchers have refused to release their data for others to see.

When researchers from the Cochrane Collaboration, an independent research group, analyzed the way statin studies had been put together, they discovered a selective reporting of outcomes and a failure to report adverse reactions, and that existing heart patients had been filtered out of the results.²

Not even wrong

The statin story begins in 1971 at the laboratories of Japanese pharmaceutical company Sankyo. Biochemist Akira

Endo was searching for a compound that could lower cholesterol and be better tolerated than the currently available drugs. As cholesterol is regulated and manufactured in the liver by the enzyme HMG-CoA reductase, Endo reasoned there would be some kind of microorganism that could restrict its development.

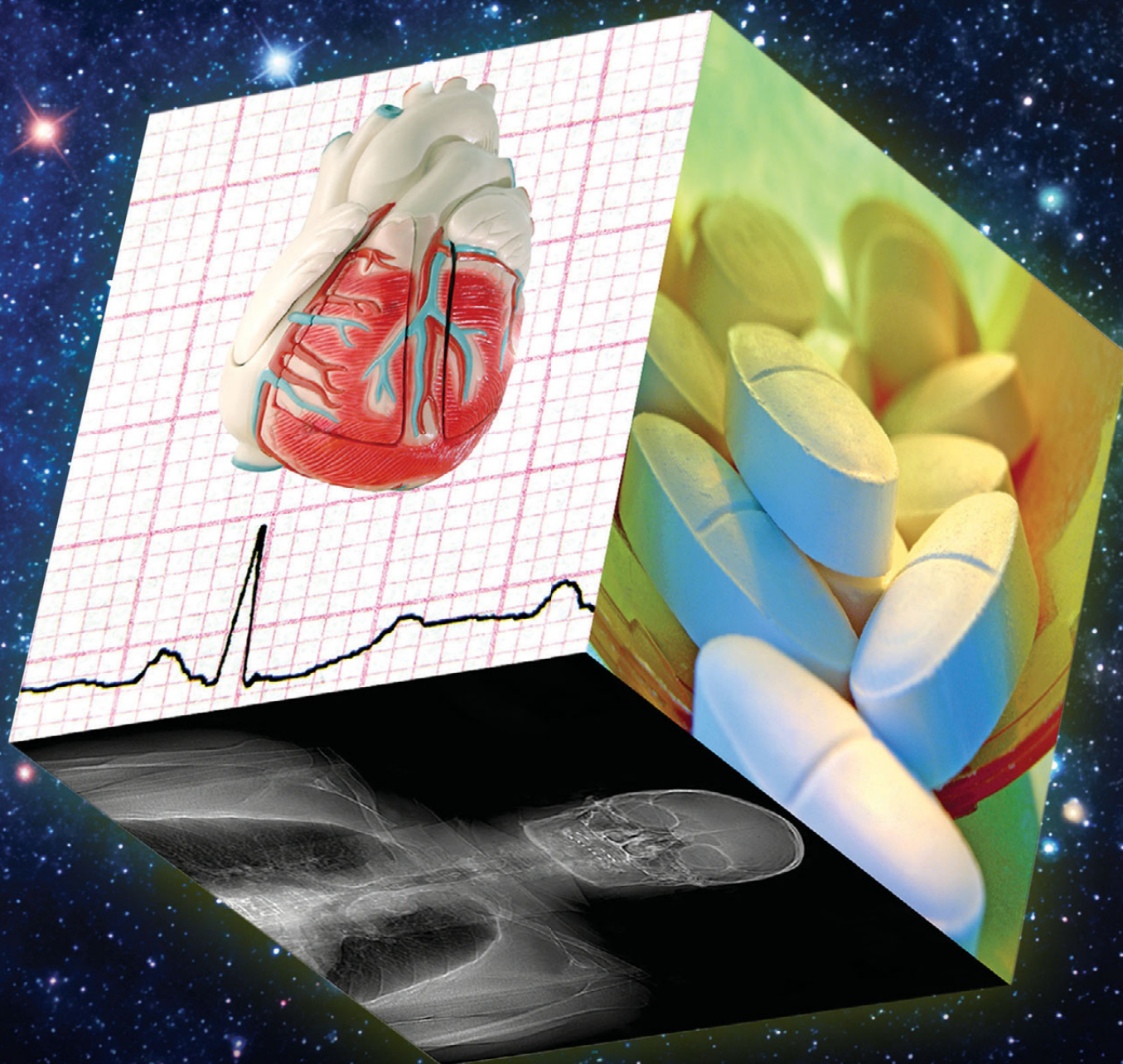
He found what he was looking for in the fungus *Penicillium citrinum*, from which he developed the chemical agent mevastatin. Mevastatin never became commercially available because it caused tumours, muscle deterioration and death in laboratory dogs—reactions that have since been seen in people taking mevastatin's modern equivalents—but it nonetheless caught the attention of America's drug giant, Merck. By 1978, Merck's scientists had isolated lovastatin from a different fungus (*Aspergillus terreus*).

Now Merck had a solution, but no problem—what did cholesterol have to do with heart disease anyway? A few scientists had mooted the possibility of an association, but most heart physicians weren't buying it.

So Merck put its PR machine into overdrive and decided to bypass doctors and go directly to the public. It began a heart health campaign, explaining that we have two types of cholesterol, the 'good' HDL (high-density lipoprotein) and the 'bad' LDL, which builds up in artery walls and eventually causes a heart attack. The good could keep the bad in check, they reasoned, and aside from diet and exercise, statin drugs were a great way to help achieve a healthy cholesterol number.

The facts, though, weren't supporting the PR drive. At around the time Merck's spin doctors—who were soon followed by other drug companies—were telling the public about their bad cholesterol, the Framingham heart health study was reporting that people over the age of 50 were more likely to die from cardiovascular disease if their cholesterol levels were falling.³

This surprising association was repeated years later when researchers noted that men in Honolulu, Hawaii, with low cholesterol levels were 1.6 times more likely to die prematurely than those with higher levels. "Long-term persistence of low cholesterol



“At around the time Merck’s spin doctors were telling the public about their bad cholesterol, the Framingham heart health study was reporting that people over the age of 50 were more likely to die from cardiovascular disease if their cholesterol levels were falling”

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What's your score?

Many people with an interest in their own health seem to know their 'cholesterol number'. The ideal score, according to the current medical thinking, is 5 mmol/L (millimoles per litre of blood), comprising 1.3 mmol/L of HDL and 3.7 mmol/L of LDL cholesterol, although doctors like to see the HDL score at 2 or higher.

The typical cholesterol score in the UK is more like 6.1, while any LDL reading of 4 or more will trigger an automatic prescription for a statin.

But, as with most things in medicine, your total cholesterol score is the stuff of fashion. Twenty years ago the 'healthy' score was 7; this fell to 6.5 around 10 years ago and, today, any reading above 5 will have the doctor reaching for his prescription pad.

The downward trend is relentless. Doctors are predicting the new healthy score will soon be 4—which it already is for anyone who has suffered a heart attack—and it's expected to fall to just 2.5 over the next decade.

All good news for the statin manufacturers.

concentration actually increases the risk of death," they concluded.⁴

Begging the question

As other researchers have discovered, cholesterol is vital for the healthy functioning of the body. It influences energy, immunity, fat metabolism, thyroid activity, liver synthesis, stress tolerance, adrenal function and—increasingly as we age—brain function. High cholesterol levels have been found to be protective in elderly patients with heart failure.⁵

If cholesterol is important for healthy body functioning, then it's perhaps not surprising to find that statins—which can indeed lower cholesterol levels—don't help us live longer.

The Irish researchers, in their trawl of the published literature, couldn't find any studies that conclusively proved that statins added years to our lives. One study found that men aged 69 and older derived no benefit from taking statins. They didn't live longer and they didn't suffer fewer heart attacks.⁶

One study found that men aged 69 and older derived no benefit from taking statins. They didn't live longer and they didn't suffer fewer heart attacks

Some studies even suggested that statins could hasten death. The drugs triple the risk of coronary artery calcification, when high deposits of calcium settle in the arterial walls—a problem usually associated with high cholesterol levels (which the statins supposedly lower). And medicine's "best kept secret", according to the researchers, was the Illuminate trial, which was stopped early after a statin taken with or without an HDL-raising drug was found to be killing the participants, who were developing cancer or dying suddenly.⁷

They also found evidence that statins increased the risk of diabetes, cataract formation and muscle weakness, and that the drugs can cause cancer and neurodegenerative disease in the elderly.

What's happening?

Cholesterol is important for our healthy functioning, but so too

is coenzyme Q10 (CoQ10). It's important for maintaining muscle strength, especially those of the heart. CoQ10 and cholesterol share the same pathways, so when you interfere with cholesterol production in the liver, you do the same with CoQ10.

If low levels of CoQ10 cause heart failure and statins block the production of this nutrient, this may explain why statins have been associated with heart disease.

This link has been known for years and, at one stage, Merck applied for a patent to add CoQ10 to its statins, but never acted upon it.

Statin aren't entirely without merit. Middle-aged men with an existing heart condition seem to be better off taking the drugs, but that's about all. For the rest of us, they won't help protect us against heart disease, but might even cause it or any of a range of other side-effects.

Quite a testament for the best-selling drugs of all time.

If low levels of coenzyme Q10 cause heart failure and statins block the production of this nutrient, this may explain why statins have been associated with heart disease

So what causes heart disease?

If around half the people dying from heart disease have normal cholesterol levels, and cholesterol is vital for our health as we get older, then what's really causing the current epidemic of heart problems?

One major international investigation, the Interheart Study, discovered that "persistent severe stress" increases the risk of heart attack by two and a half times.¹

While all of us suffer stress from time to time—such as when we're rushing to catch a train or to meet a work deadline—the type that leads to heart disease is when we

feel powerless, socially isolated or there's no end in sight to the problem.

Dr Malcolm Kendrick has listed the types of stress he thinks cause heart disease, and they include:

- bullying boss
- racism
- long-term money worries
- poor social network and feeling 'dislocated' from others
- unloving or abusive spouse.²

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Hygiene, not vaccine

Vaccinations are given a lot of credit for eliminating childhood diseases. But good hygiene, sanitation and nutrition have much more to do with it

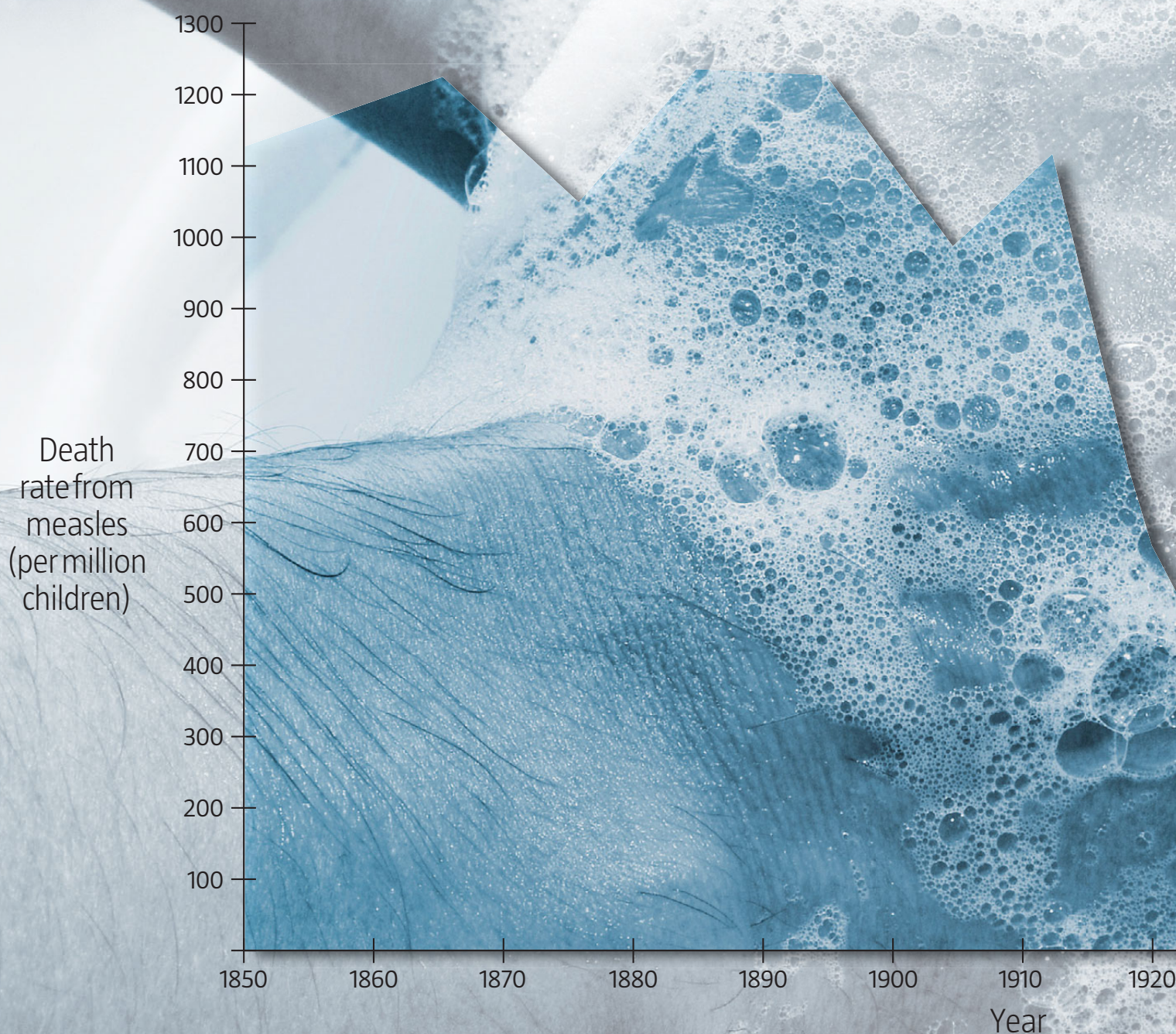
The American satirist Mark Twain famously said there were three kinds of untruths: lies, damned lies and statistics.

As if to prove his point, the UK's Department of Health regularly produces its immunization handbook—more popularly known as the 'Green Book'—which is sent out to doctors and healthcare workers. The Green Book provides all the latest information about the

effectiveness and safety of the major vaccinations.¹¹

Reading it, you'd have to agree that vaccinations are a good thing as they've eradicated most of the major diseases that afflict us, especially when we're young.

Take, for instance, measles. Protection is offered by the MMR (measles-mumps-rubella) shot, which has certainly attracted more than its fair share of controversy over the years, but the Green



Book confirms its positive effect on our health.

To make the point, the book's compilers have produced a handy graph that clearly shows the vaccine has saved lives.

The graph begins in 1950, 18 years before the first measles vaccine was introduced and 38 years before the MMR jab was introduced. For the first 16 years up to 1966, the number of cases of measles varied between 160,000 and 800,000 each year before suddenly dropping to around

100,000 cases annually. Today there are just a few thousand cases a year.

The disease claimed around a hundred lives every year from 1950 to 1968 before falling to 13 deaths a year—until 1988, when the MMR vaccine was introduced. After that, measles claimed its last life in 1992 in the UK, except for one case in 2006 of a 13-year-old boy with a failing immune system.

But push the start date of the graph way back—to 1850 in

fact—and a different picture emerges. From 1850 to 1910, measles was responsible for around 1,200 deaths every year.

Then, year on year the death rate plummeted. By 1920, it was down to 650 deaths a year; by the start of the 1930s, deaths had fallen to 250 and down they continued to go until 1950—the year the Green Book takes up the story—when around a hundred deaths were recorded.²

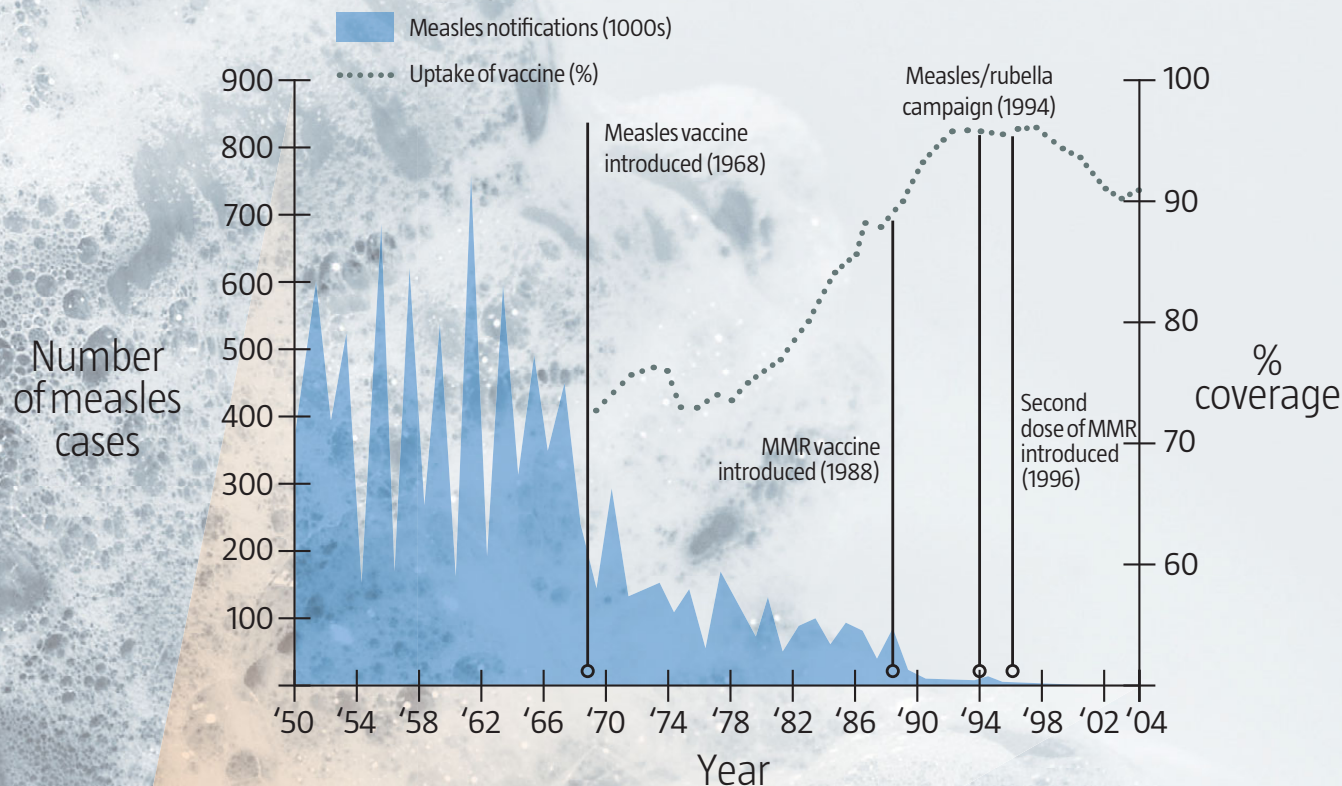
And all of this happened long before vaccines were introduced.

What had happened were better sanitation and public hygiene, better living conditions and improved nutrition.

So it could be argued that mass MMR vaccination reduced the death rate from 13 to zero—but good sanitation had already reduced it from 1,200 to 13 deaths.

Perhaps vaccination shouldn't take all the credit after all.

The Green Book's graph



Dr Donegan is speaking about vaccinations at the College of Naturopathic Medicine, 41 Riding House Street, London W1, on November 11, starting at 6.30pm. The talk is entitled 'Vaccination—The Question'. Entry is £10. To purchase tickets or find out more, telephone 01342 410 505 or book online at www.naturopathy-uk.com.

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True *grit*

Laura Bond investigates the six character traits common among cancer survivors, after her mum, Gemma, beat her own cancer

Gemma Bond, the
inspiration for daughter
Laura's investigation

Illness strikes at the heart of who you are. It casts a spell of uncertainty over every aspect of your life, leaving future plans, daily routines and even relationships in disarray. So when you're in that place of terror, why not look to those who have been in your shoes?

For the past two years I have had the privilege of talking with countless cancer survivors—many of whom beat the odds by eschewing conventional treatment. I have also interviewed over 60 experts around the world—from leading oncologists to energy healers—and was surprised to learn that inner strength, faith in a treatment and a willingness to 'let go' could be just as

important as high-dose vitamins, dietary changes and cutting-edge therapies in overcoming cancer.

Not every cancer patient will relate to the emotional components of cancer. For some, environmental toxins, junk food and damaged genes will have a more important role to play. But cancer is a multifactorial disease and getting on top of your emotional health is just one more step you can take towards healing.

So what are the common threads that lead to the path of recovery? Here are six characteristics that cancer survivors commonly share and you can learn to cultivate when life throws you a curveball—or a blessing in disguise—as how you view your diagnosis may be more important than you think...

Embrace change

Seeing cancer as a wake-up call is undoubtedly more life-affirming than seeing yourself as a prisoner of the condition. "A lot of cancer patients I meet who aren't doing so well feel that everything they have to do is a punishment—from juicing kale to having chemo," says Dr Kelly Turner, cancer counsellor and author of the forthcoming book *Unexpected Remission*. "A lot of them are resisting change; they just want to go back to their old life."

When researchers looked at 'terminal' cancer patients who had experienced unexplained survival time, they found that a willingness to take action was key

A willingness to discard old diets, habits and thought patterns was common among the survivors I spoke to, even as the practical steps on their journeys diverged. When Nicola Corcoran was diagnosed with stage II breast cancer at the age of 40, she decided to make big changes in small, manageable steps. First she tackled her diet—salt, sugar, gluten, dairy and alcohol were replaced with nut milks, short-grain rice and vegetables juices. Then she started detoxifying her body and boosting her immune system with a raft of natural treatments—including high-dose vitamin C, hydrogen-peroxide infusions and hyperthermia (heat therapy).

And soon after her diagnosis, she also started addressing her emotional health. "I try not to be motivated by fear, but rather to live in the present, guided by my intuition," she says. "I now find myself observing situations and seeing what I can learn from them, rather than judging or using old behavioural responses." Corcoran is now cancer-free.

Change seems to be the 'open sesame' for recovery whether you embrace conventional medicine or choose the alternative path. When researchers from the MD Anderson Cancer Center in Texas looked at survivors who had experienced unexplained survival time after being told their condition was terminal, they found that a willingness to take action was key.¹

One participant said of the illness: "It really made me wake up and put a different perspective on life where I appreciate things more."

While we might long to return to our 'old life' following a traumatic experience, it's not conducive to healing, according to New York psychotherapist and long-term cancer survivor Dr Ruth Bolletino. "If a cancer patient says to me, 'I just want everything to be exactly as it was before I was diagnosed', that doesn't fly with me because that was the context in which the cancer grew," she says. "So sooner or later, we get to the question, 'What in you has stopped you from finding, identifying and expressing your own best ways of living? What stops you from doing what you love?'"



Mum didn't have chemo

When Laura Bond's mother, Gemma Bond (pictured right), was diagnosed with ovarian and uterine cancer in March 2011, she refused chemotherapy and instead made extensive changes to her life, from dietary changes to a change in attitude.

People were shocked by her decision, yet confidential surveys of oncologists reveal that many of them would do the same. So Laura (pictured left), a journalist and qualified health coach, started a blog to highlight some of the limitations of conventional cancer treatment and share what else was out there. Gemma Bond is now thriving and free of cancer.

After interviewing more than 60 experts worldwide—most of whom were doctors—Laura reports her findings in her new book *Mum's NOT Having Chemo* (Piatkus, £14.99). Far from being prescriptive, the book aims to open people's minds to the wide variety of options out there "so they can make a decision based on information rather than fear," says Laura.

The book also includes strategies to minimize the side-effects of chemotherapy, including two cutting-edge therapies where patients do not lose their hair and rarely experience nausea.

To find out more, visit www.laura-bond.com.

Find joy

Having a sense of joy is the second most important factor for predicting cancer survival, according to researcher Sandra Levy, associate professor of psychiatry and medicine at the University of Pittsburgh.² Feeling euphoric also provides free access to interleukin-2. The synthetic version of this molecule—the cancer drug Proleukin—costs around \$40,000 (£25,000) and comes with a long list of side-effects. But according to medical research you can boost your own levels of interleukin-2 just by being relaxed and joyful.

It sounds so simple. But is it really? One in three British workers fails to take their full annual holiday entitlement, according to a recent survey. Instead they put in 36 million hours of free overtime. The relentless pressures of 21st-century life mean that many of us have forgotten how to 'let go'.

Prior to getting cancer, my own mother, Gemma Bond (see box, left), admits that she was "just going through the motions". She felt like a slave to her to-do list and would always postpone pleasure in lieu of one more task. "Now I stop myself when I start hearing that internal dialogue and make time to do what I love, whether it's listening to an inspirational speaker on my iPod or walking around the garden barefoot in the mornings, with my dogs and my gardening gloves," she says.

Finding pleasure and fulfilment is key to recovery, according to Dr Bernie Siegel, author of *Peace, Love and Healing*. "Do I have enough play in my life? That's what patients need to ask themselves," he says. "So find things that help you lose track of time. Because then you're in a trance state, and that's the healthiest state to be in."

Be a difficult patient

Dr Lawrence LeShan, regarded as the pioneer for psychological support for cancer, cautions against being a compliant patient. "While the meek may inherit the earth, unless you are in a hurry to inherit your six feet

Continued on page 31

One in three British workers fails to take their full annual holiday entitlement... The relentless pressures of 21st-century life mean that many of us have forgotten how to 'let go'

In the o-zone

Ozone therapy is being used to treat a wide spectrum of diseases

It makes the sky blue, provides our planet with a protective layer from the sun's UV rays and, for almost a hundred years, has been used medicinally to treat a wide variety of diseases. The German army used ozone extensively during World War I to treat battle wounds and anaerobic infections. Prior to that, ozone gas was used to disinfect operating rooms in Switzerland.¹

Today, physicians around the world are using ozone to treat a wide spectrum of diseases, including AIDS, asthma, cystitis, herpes, rheumatoid arthritis and cancer, and it was part of my mum Gemma's treatment.

"Oxidative therapies induce your white blood cells to make tumour-killing properties," explains California-based physician Dr Robert Jay Rowen. When introduced into the bloodstream, ozone triggers an avalanche of beneficial changes: it boosts circulation, activates the immune system and improves the exchange of oxygen in the blood.

For over 80 years, it's been known that low oxygen levels are associated with cancer. Dr Otto Warburg, a Nobel Prize-winning physician working in Germany, made this discovery in the 1930s and presented his findings at a Nobel Laureates' meeting at Lake Constance, Germany, in 1966. "Cancer cells meet their energy needs by fermentation, not oxidation. Thus, they are dependent on glucose, and a high oxygen environment is toxic to them," he said.

Warburg's research was confirmed in 1980, when scientists reported laboratory evidence showing that ozone selectively inhibits the growth of cancer cells.²

Dr Joachim Varro offered one of the first reports of successful treatment of cancer with ozone at the Sixth World Ozone Conference in 1983,³ reporting that his patients were free of metastases and tumour relapses for remarkably long periods of time, with improved quality of life.

Italian researchers at the University of Siena theorized the supposed anticancer effects of ozone may be due in part to its ability to induce the release of tumour necrosis factor (TNF), after measuring ozonated blood and discovering that most of the TNF was released immediately after ozonation took place.⁴

In the medical literature, the few scientific trials conducted on ozone to date to assess whether it helps

"When introduced into the bloodstream, ozone triggers an avalanche of beneficial changes: it boosts circulation, activates the immune system and improves the exchange of oxygen in the blood"

overall survival have had problems with study design, but numerous studies on patients with cancer show a variety of benefits, such as treating osteonecrosis of the jaw in patients with bone metastases or ulcers in those with colon cancer.⁵ Animal studies also show promise; in one, 86 per cent survived lethal squamous cell cancer, with complete tumour regression.⁶

Furthermore, the clinical evidence from the many doctors using ozone worldwide is compelling. Dr Rowen, who has educated hundreds of doctors worldwide about the use of ozone for many illnesses, says he witnesses his most profound effects with cancer. One patient, a 76-year-old man with end-stage colon cancer and two metastatic tumours in his liver (11 cm and 9 cm) was diagnosed as having at most a few weeks to live. Within four months of starting Rowen's treatment with ozone and

ultraviolet blood irradiation, another treatment often used with ozone, the patient's liver tumours had shrunk by 85 per cent. After 16 months, his liver tumours disappeared, and he had his colon tumour removed surgically. Today he has no trace of cancer.

So what does ozone therapy involve? "The patient sits in a chair and has from six to 12 ounces of blood removed into a sterilized bottle," says Dr Dan Cullum, a holistic practitioner based in Oklahoma. "Then ozone is injected into the bottle and the bottle is gently shaken, allowing the red and white blood cells to take up the ozone. The ozonated blood is then returned to the body. The entire procedure takes about 30 to 40 minutes."

Most centres, like Oasis of Hope in Mexico, offer ozone therapy as just one part of a holistic program. Vitamin C infusions, potent supplements and conventional treatments including chemotherapy may also form part of the patient's package. Breast cancer survival rates at Oasis are two to three

times higher than the US national average, and in the case of stage IV lung cancer, the survival rate at Oasis is five times the national average.

Doctors claim ozone limits the damaging effect of chemotherapy to healthy tissues; a 2004 animal study from Cuba found that ozone reversed the toxicity caused by chemotherapy (cisplatin) and reduced kidney damage.⁷

Interestingly, Cuba is the only country in the world that offers ozone therapy on national insurance and is leading the research.



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Hard to believe? Not after you try the ingenious FlexxiCore Passive Exerciser. You really can enjoy the benefits of a whole body workout while simply lying down and relaxing with your feet up. The FlexxiCore combines the benefits of Continuous Passive Motion (CPM) with the effects of a simple type of exercise machine invented in Japan that swings your feet.

Goldfish Exercise

In fact the Japanese have been practising what they affectionately call 'goldfish exercise' since the 1920s, both as an exercise form in martial arts such as aikido, and in therapies such as shiatsu. More recently they invented a simple but ingenious machine for use in the home, making this form of exercise more accessible to users of all fitness levels. This technique has become known in the West as "passive exercise" – the user is simply lying there, letting the machine generate an elegant wave of oscillating movement from the pelvis upwards. This mobilises the whole of the back without effort or strain.

Continuous Passive Motion

CPM was invented by a Canadian spinal specialist in the 1970s. The FlexxiCore combines the principles of both the Japanese and Canadian technologies, and utilises advanced technology that allows for variable speeds and a smooth ride. It provides a convenient way to enjoy an energising workout while gently mobilising the back – at a fraction of the cost of the specialist CPM equipment used by back care professionals. Research has shown that back pain is very often the result of a chronic inability to relax, both physically and mentally. Research also shows that rocking motion helps to synchronise brain waves and calm the nervous system.

Excerpt from Article on Back Care by an Osteopath in the Daily Mail
6 November 2010

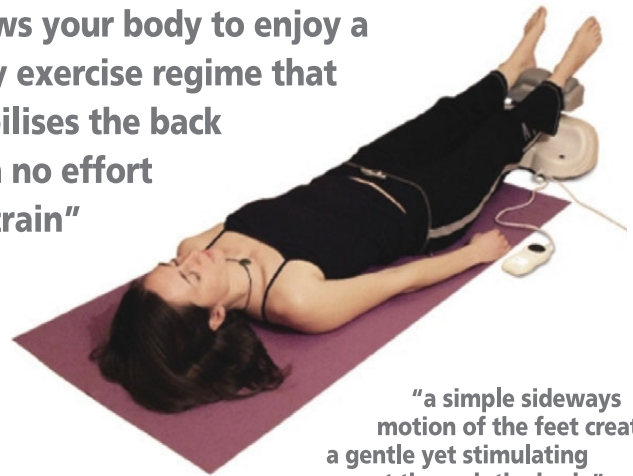
"An expert reveals the gadgets that really will get you ... back in action"

In this Daily Mail article, Osteopath Garry Trainer reported on six gadgets that can help with back care - but only after pointing out his reservations: "I am a sceptic when it comes to back gadgets. At best many don't work and at worst they could do damage. But I understand that back pain sufferers are often in such agony they are willing to try just about anything, and pay anything, to find relief. If you have even a moderate back problem for more than six weeks, get it checked out by your GP. If they don't have anything helpful to say, see an osteopath or other back expert. In the meantime, it is worth experimenting with some tried and tested gadgets – and, yes, there are some I recommend, despite my reservations. Here are six that I believe really work."

Garry's verdict on the FlexxiCore Passive Exerciser:
"BEST LUXURY OPTION"

"Great for back maintenance, but this won't provide pain relief if you already have a problem. Lie down with your feet on the vibrating ankle rests, and eventually the whole body starts to oscillate – it's a very nice sensation. The effect stimulates the circulation, which keeps the soft tissues loose and supple."

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"a simple sideways motion of the feet creates a gentle yet stimulating movement through the body"

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of it, do not be meek,” he quips in his book *Cancer as a Turning Point* (Plume).

Refusing to lie down quietly can make you unpopular, but it also can help you heal. Researchers from Yale University found there was a direct correlation between an active immune system and a negative opinion of the patient by the head nurse on the ward.³ A recent British survey found that cancer patients were “dying of politeness” and that those who refused to take no for an answer had a better chance of survival.⁴ “Too many people say, ‘Yes doctor, no doctor, three bags full doctor,’” says British scientist and professor Jane Plant, author of *Your Life in Your Hands*. “Instead they should make it clear they want to be fully involved in decisions.”

Plant was diagnosed with breast cancer in 1987. Despite a radical mastectomy, 35 radiotherapy treatments and chemotherapy, the cancer kept coming back. The final time, when a malignant lump appeared on her neck, the doctors told her there was little they could do. But Plant, like many cancer survivors, refused to accept the medical verdict. Instead she embarked on a dedicated research campaign that led to her discovery that dairy was the root cause of her disease (see page 34).

Without fail, the survivors I interviewed had the confidence to ask difficult questions, to do their research and insist on further tests if they felt deep down something was wrong. Vincent Crewe, from Yorkshire, booked himself in for a panel of blood tests when he felt a change in his body, but the tests came back negative. “Finally, I had an examination with a camera. What they found was a large tumour in the colon and that the cancer had spread to my liver.” Six years on, Crewe is fighting fit after embarking on a series of alternative treatments, including coffee enemas, vitamin C injections and infrared saunas. His advice to others? “Do not be bullied or pressurized into going down the conventional route—education is the key to success.”

A cancer diagnosis can leave you paralyzed with fear and unable to access your rational brain. Many experts therefore recommend giving yourself a week to process the news and look into all your options

The survivors' six steps to tackling cancer

1 Embrace change

See cancer as a wake-up call and be willing to discard old diets, habits and thoughts

2 Find joy

Take time to do what you love, whether it's listening to music, gardening or walking the dog

3 Be a difficult patient

Ask your doctor questions and make it clear you want to be fully involved in decisions

4 Trust in the treatment

Once you've chosen a treatment that's right for you, put your faith in it

5 Let go

Address stress and don't ignore the emotional aspects of your cancer

6 Rise up and take the reins

See cancer as a challenge rather than a threat, and focus on what you can do to make a difference

Trust in the treatment

A cancer diagnosis can leave you paralyzed with fear and unable to access your rational brain. Many experts therefore recommend giving yourself a week to process the news and look into all your options. But once you've done your research and decided on a direction that's right for you, it's important to put your faith in the treatment plan. “Belief is the first, most important factor,” says Lynne McTaggart, author of *The Bond: The Power of Connection* and co-editor of this magazine. “What do you think will work for you? If you have a strong belief about something, that's been shown to help boost the success of the treatment.” In the current climate, following gut feelings about health might seem radical, even reckless. But time and time again, the word “intuition” came up in my survivor interviews.

After being diagnosed with aggressive breast cancer at the age of 31, Rachel Kierath came under a huge amount of pressure to undergo conventional treatment. “Finally, the day before I was due to start [chemo], I just thought

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'You know what? I've got to listen to what's true for me.' When I thought about chemo, I felt utterly defeated, my energies zapped... I couldn't think of anything worse than being sick all day and then trying to find the energy to fight it. So as soon as I made the decision to go with my gut instinct—which was to reject that and do things my way—it was just this huge weight off my shoulders, and I knew that I had just released myself from all that stress and that I would be all right." Kierath received the 'all-clear' a year after her diagnosis.

Dr Nicholas Gonzalez, a leading cancer specialist based in New York, sheds some light on the power of belief. "When people believe in something, it creates a sense of relaxation, which is when healing occurs," he says. "Nutrition is wonderful, but there is no vitamin, mineral or trace element that can override someone's psychology."

Let go

For decades, mainstream medicine has denied the link between stress and cancer, but science is now telling us otherwise. One published report showed that adrenaline—the fight or flight hormone—can even make cancer resistant to treatment.⁵ In another paper, the stress hormone epinephrine was found to alter prostate and breast cancer cells in ways that make them resistant to programmed cell death.⁶

When you're faced with a serious health challenge, it might be easier to assume you're simply a victim of bad genes than to acknowledge that your thoughts and behaviour are affecting your health. But ignoring the emotional aspects of cancer could be compromising your recovery.

In the eyes of Dr Leonard Coldwell, a leading cancer specialist and authority on stress-related illness, it's more important to identify the root cause of cancer than to remove the tumour. "If you get vitamin C intravenously three times a day for 12 days, your cancerous tumours—in my experience—will disappear. But of course they will come back if you never address the root cause: the bad marriage, the horrible job, the constantly making compromises against yourself, the lack of hope, the lack of love, the lack of self-love. These are the causes of cancer."

Making room for spirituality has helped my mother, and many others, navigate the dark nights. But prayer isn't for everyone. "For people who are agnostic or atheist, being spiritual may mean going for a walk in the late evening and feeling the vastness of the night sky," says Joshua Rosenthal, founder and director of the Institute for Integrative Nutrition in the US. "It has been my experience that when people feel connected with the big picture, they get healthier faster."

Mainstream medicine has denied the link between stress and cancer, but science tells us otherwise. One report showed that adrenaline, the fight or flight hormone, can even make cancer resistant to treatment

Rise up and take the reins

In spite of expert analysis and reams of research, talking about survivor psychology still invites vehement opposition: some critics believe those who practise mind-body medicine are placing an unnecessary burden on patients, suggesting they are to blame if they don't get well.

Nothing could be further from the truth. The new healing paradigm is about giving patients back their power and autonomy. "In terms of who will do well with cancer, it's the people who see it as a challenge more than as a threat," says Dr Joan Borysenko, a Harvard-trained medical scientist. "They put their energy into things they know can make a difference rather than trying to control the uncontrollable." Dr Ruth Bolletino helps patients recover their zest for life. "What is of far more interest than the causes [of cancer] is what you can do about it," she says. "By changing psychological factors, you transform the total environment in which the cancer grew."

Continued on page 34

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Is dairy 'cancer food'?

"In my view, anyone with cancer should give up dairy completely," says Dr Patrick Kingsley, British cancer expert and author of *The New Medicine*. From Tokyo to Arizona, every expert who focused on cancer and nutrition repeated the same mantra: Give up dairy.

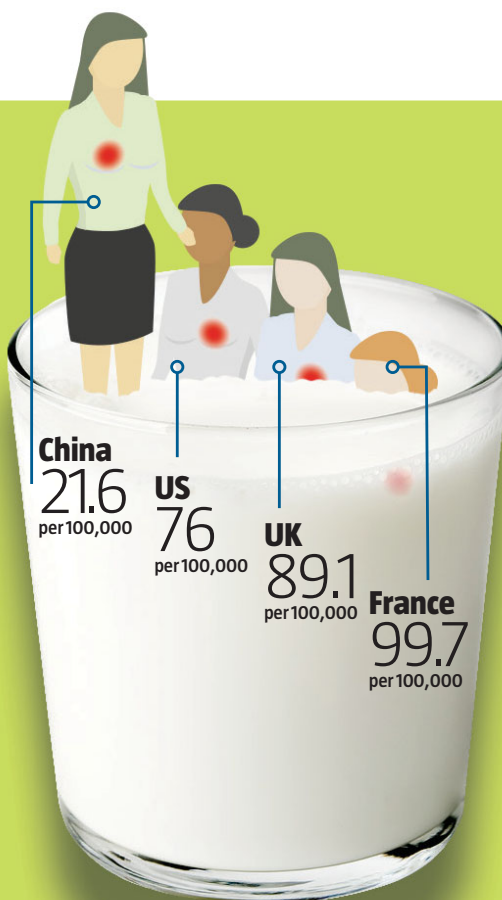
British scientist Jane Plant was 42 years old when she first noticed a lump in her breast; six years later, the disease had spread to her lymph system and she was left with a lump "the size of half a boiled egg" protruding from her neck. Plant's situation, deemed terminal, rapidly turned around when she decided to cut out dairy. Within days the malignant lump on her neck began to shrink and, within six weeks, it had vanished completely. That was 25 years ago—it hasn't returned since.

New evidence From Kaiser Permanente research division, which tracked nearly two thousand breast cancer survivors for up to 12 years, shows that women who continue eating dairy after their breast cancer has been diagnosed are 49 per cent more likely to die from their cancer (and significantly more likely to die from any cause) than women who cut such foods from their diet.¹

"There is now consistent and substantial evidence that the higher the milk consumption of a country, the greater their breast and prostate cancer risk," says British nutritionist and author Patrick Holford. According to 2008 figures, the incidence of breast cancer for women in China was 21.6 for every 100,000 people, while in America the rate is 76, in the UK it's 89.1 and in France—a country famous for its love affair with butter and cream—it's 99.7.² These differences cannot be reduced to genetics, as migrational studies reveal that when Chinese and Japanese people move to the West, their rates of breast (and prostate) cancer go up.

Adulterated milk

But the problem may have more to do with the state of today's store-bought milk, and our obsession with 'low-fat' rather than with dairy per se. For instance, when scientists look for the link between dairy and prostate cancer, they find that the risk is higher only with low-fat milk, which delivers too high



Milk and breast cancer risk

The breast cancer rate seems to be higher in countries that consume the most milk. In 2008, the incidence of breast cancer for women in non-milk-drinking China was 21.6 for every 100,000 people, while in America the rate is 76, in the UK it's 89.1 and in dairy-loving France it's 99.7.

levels of calcium and strips out the protective anticancer effects of conjugated linoleic acid (CLA), a powerful anticarcinogen.³

Why milk might feed cancer

CLA also protects against the most cancer accelerator: insulin-like growth factor 1, or IGF-1. The hormone naturally circulates in our blood and, like cortisol, progesterone and oestrogen, it's necessary—it's in mother's milk to ensure the baby grows, and levels of IGF-1 rise in puberty to stimulate the growth of breasts. As we grow older, levels naturally drop off. That is, unless you're a dairy lover.

"We certainly know that people who consume a lot of dairy products will have higher levels of IGF-1," says Patrick Holford. "It simply does what it's meant to do—stimulate growth. It also stops overgrowing cells from committing suicide, a process called 'apoptosis'."

Besides breast cancer, elevated IGF-1 levels have been linked to increased risks of colorectal, breast, pancreatic, lung, prostate, renal, ovarian and endometrial cancer.⁴ In fact, men with the highest IGF-1 levels quadruple their risk of prostate cancer.⁵

But what about bones?

We've been repeatedly told that drinking milk builds strong bones, yet clinical research tells a different story. One study, which followed more than 72,000 women for 18 years, showed no protective effect of increased pasteurized milk consumption on fracture risk.

Could eating your greens provide better protection? A report from the US Nurses' Health Study found that those eating a serving of lettuce or other green leafy vegetables every day cut the risk of hip fracture in half compared with eating only one serving a week.⁶

Dark leafy greens not only provide calcium, but are also a potent source of vitamin K, which helps in calcium regulation and bone formation. There's another benefit to choosing non-dairy foods. "Eating nuts, seeds and greens gives you the right balance of calcium and magnesium, but you don't get that balance in dairy products," says Holford.

For those considering switching to soy milk, you might be interested to hear how it is made. According to Dr Al Sears, a physician with extensive experience in natural healthcare, it involves "washing the beans in alkaline or boiling them in a petroleum-based solvent; bleaching, deodorizing and pumping them full of additives; heat-blasting and crushing them into flakes; and then mixing them with water to make 'milk'."

Thankfully there is a plethora of options available for the dairy and soy-free consumer today, ranging from almond milk to raw truffle chocolate.

Dark, leafy greens are a good source of calcium and vitamin K



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SLEEP YOUR WAY TO GOOD HEALTH

What springs to mind when you think of a healthy lifestyle? Perhaps a jog around the park or tucking into a nutritious salad. But surprisingly, research has shown that the most important, and overlooked, aspect of a healthy life is the rest and recovery you get from a good night's sleep.

In fact the quality of sleep you get is not only important for your physical health but equally important to maintaining good mental health. As you sleep, your body goes into repair mode; rejuvenating body and brain.

What happens when you're asleep?

One of the key activities that occurs as you sleep is the stimulation of growth hormones, which start a process of repairing damaged cells and creating new ones. Weary muscle and brain cells are repaired and new ones created.

This is a feature that has not been lost on elite athletes or their coaches.



Many top sports people build in sleep recovery into their training schedule and developments in sleep science are closely followed.

Mammoth Health Mattress

One of those developments has been the Mammoth Health Mattress from Mammoth Technologies.

Using key medical-based products, the Mammoth Health Mattress has been designed to enhance sleep and create a recuperative environment for your mind and body.

Superior medical grade foam is used in preference to memory foam due to its cooling and supportive properties.

Design features such as cooling air channels and zoned support for backs, shoulders and neck have established its reputation as the ultimate health mattress.



Dr Jason Ellis
from the BBC's
Goodnight Britain

Mammoth Technologies enlisted renowned sleep guru, and resident expert on the recent BBC series "Goodnight Britain", Dr Jason Ellis to test the innovations introduced into their mattress.

The tests were conducted at the Sleep Research Centre at Northumbria University.

The research showed categorically that the Mammoth mattress provided a more effective and enjoyable sleep. Incredibly it moved sleepers up a clinical level - turning poor sleepers into good sleepers.

This makes Mammoth mattresses the only mattresses proven to enhance sleep.



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An at-a-glance guide to the American Institute for Cancer Research's strategies for avoiding the Big C

HOW NOT TO GET CANCER

Cancer isn't always a disease that just strikes at random. Up to 40 per cent of cases are avoidable just by eating healthily, exercising and not putting on too much weight, says the American Institute for Cancer Research (AICR) and World Cancer Research Fund (WCRF).

But even that estimate may be too conservative. Only 20 per cent of cancers are genetic—and even then it isn't a death sentence, as the new science of epigenetics shows that the DNA code can be overwritten by smart lifestyle choices—and it doesn't take into account the importance that stress plays in many chronic diseases, including cancer.

There are around 200 kinds of cancer and some preventative measures may be more helpful than others, but here are the main lifestyle changes to introduce that can help keep the Big C at bay.

We'd add at least two more: filter your water and clear your shelves of toxic chemicals and toiletries.

Diet



The type of food you eat is important. Choose a predominantly plant-based diet rich in a variety of vegetables and fruits, pulses (legumes) and minimally processed, starchy staple foods.

Eat more vegetables and fruits. Aim for 400–800 g (15–30 oz) or five or more portions (servings) a day of a variety of vegetables and fruits all year round.

Other plant foods are also important. Eat 600–800 g (20–30 oz) or more than seven portions (servings) a day of a variety of cereals or grains, pulses (legumes), roots, tubers and plantain. Choose minimally processed foods whenever possible and limit your consumption of refined sugar.

Be choosy about meat. If eaten at all, limit intakes of red meat to less than 80 g (3 oz) daily. It is preferable to choose fish, poultry or meat from non-domesticated animals instead of red meat.

Snack on healthy foods like nuts.

Limit consumption of fatty foods, especially those of animal origin. Choose modest amounts of the appropriate vegetable oils.

Minimize the amount of dairy you eat.

Detox once a year, or go on a 48-hour fast and just sip fruit juice.

Limit consumption of salted foods and the use of table salt while cooking. Instead, consider using herbs and spices to season foods.

Store perishable foods carefully to minimize fungal contamination. Use refrigeration and other appropriate methods, and never eat food that, because of prolonged storage at room temperatures, is liable to be contaminated by fungal toxins.

Watch out for additives and residues. While levels of synthetic additives and pesticide residues are officially considered 'low' in our foods, err on the side of caution whenever you can. Sausages, bacon and other processed foods contain nitrates, so eat these sparingly. Prepare your foods yourself and eat organic as much as possible.

Cook with low temperatures. Do not eat charred food, and meat- and fish-eaters should avoid burning meat juices. Grill (broil) meat and fish over a direct flame, and eat cured and smoked meats only occasionally.



Supplements

The supplements you should take to prevent cancer depend on your gender and age, but some of the more important ones are:

vitamin C (as calcium or magnesium ascorbate)

beta-carotene

zinc (as gluconate, citrate or orotate)

selenium

vitamin B

vitamin E (gamma- and delta-tocopherols, but not alpha-tocopherol).

Mind

Don't forget your 'inner self'. Stress in its many forms can impair the immune system more than a poor diet does.

Don't live a solitary life. Find a social group you can join, whether it's the local church or the amateur drama society.

Meditate or use some other mind relaxation technique like visualization.

Don't deny yourself. Do the things you've always wanted to but always put off because of family or other responsibilities.

When you feel overwhelmed, seek help from a friend or counsellor. Whether the problem is debt, work issues or a loss of interest in life, it's important to tell someone. Anything that seems relentless with no way out is exactly the sort of stress that leads to cancer.

Lifestyle

Maintain a normal body weight. Avoid being either underweight or overweight and limit weight gain during adulthood to less than 5 kg (11 lb).

Stay active. If your job is largely sedentary, take an hour's brisk walk or similar exercise daily, and exercise vigorously for at least one hour a week.

Alcohol consumption is not recommended. If consumed at all, limit alcoholic drinks to every few days. Give your body days of 'rest' between drink days.

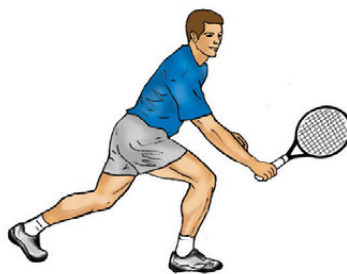
Don't smoke. It's undeniably bad for you.

Get some sun. Yes, we know that excessive sunbathing—especially when you soak up the midday sun until your skin gets red and burnt—is bad for you and may even trigger skin cancer, but avoiding sunshine altogether isn't good for you either. You need at least 15 minutes of sun on your skin every day if possible—which can be difficult if you live in a northern clime like the UK—but it helps the important processes in the body that keep us healthy.

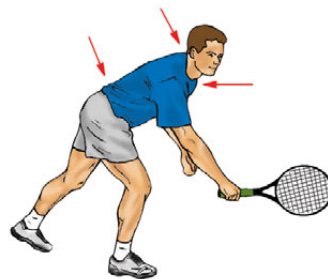
Most people don't need to have the flexibility required for advanced yoga moves. You do, however, need a certain level of flexibility that many people lack. If you are naturally tight and want to participate in a sport or leisure activity that requires more flexibility than you currently have, becoming more flexible will help you avoid injury.

Many people spend most of their day sitting—on the job, in the car, at the dinner table—only to spend their evening watching TV. Sitting for extended periods day in and day out, without adequate stretching and movement, will lead to decreased flexibility and muscle imbalances. It won't take long before you lose so much flexibility that bending over to pick up your socks becomes a challenge.

Tennis, for example, is a multipattern sport, which means to play it effectively



A tennis player with adequate flexibility lunging and bending



A tennis player at greater risk of injury due to inflexibility

you must squat, lunge, bend, push, pull, twist and run. If you're too tight to perform any of these movements at speeds natural to tennis, you're likely to avoid certain shots to protect yourself, or you may get hurt forcing your body to do things it's not currently equipped to do. Tennis players often find themselves moving very quickly into a lunge while bending, reaching and twisting to make a forehand (push pattern) or backhand (pull pattern) shot.

The top image on the left shows a tennis player who has adequate flexibility, while the player in the bottom image does not; the red arrows indicate areas in which the player is at greater risk of injury due to inflexibility.

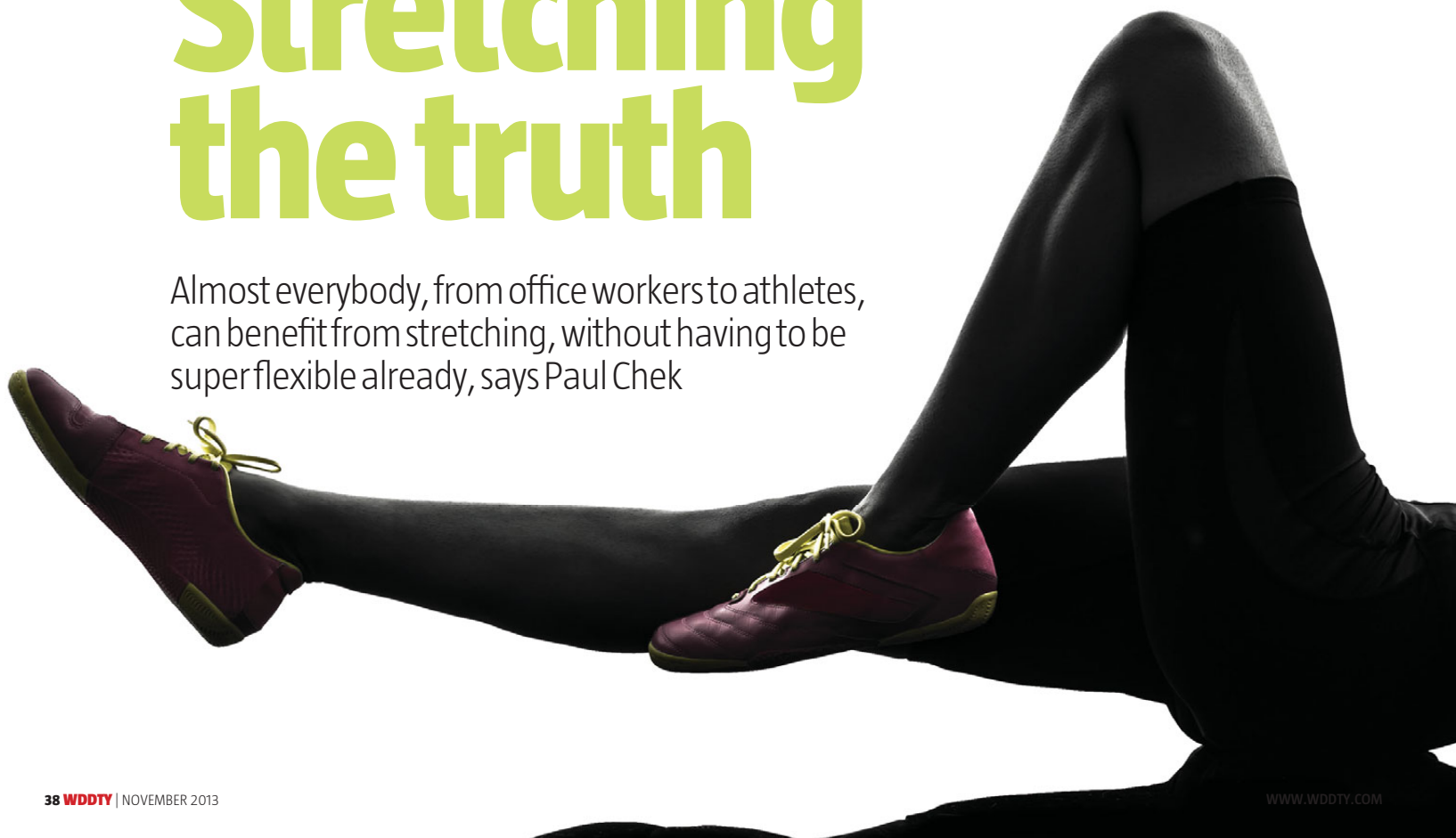
Posture and stretching

Regular readers of *WDDTY* will know how important good posture is to your health and wellbeing. Poor posture always indicates the need for a stretching routine to lengthen short muscles and an exercise programme to tighten weak/loose muscles.

To better understand how muscle imbalances affect your body, think of a

Stretching the truth

Almost everybody, from office workers to athletes, can benefit from stretching, without having to be super flexible already, says Paul Chek





Muscle imbalances affect the body much like a crooked bicycle wheel affects a bike

bicycle wheel. If a bicycle wheel is out of balance (see top left) and you take the bike out for a ride, chances are the bicycle won't handle well. The stress of riding on an out-of-true wheel could cause the wheel to fall apart. To get a crooked bicycle wheel to roll straight, you need to shorten/tighten the loose spokes and lengthen/loosen the tight ones. So if you have poor posture, you must attempt to lengthen the short ('tonic' or flexor) muscles, and strengthen or tighten any long or weak ('phasic' or extensor) muscles to bring your body back into balance, like the wheel at the bottom.

Body-balancing stretches

There are many possible stretches that can help you increase flexibility and rebalance your body, including the nine key stretches over the page. People commonly make the mistake of stretching muscles that don't need stretching while not stretching the ones that do. If you perform any of the stretches outlined here and the muscle(s)

don't feel tight, that means you do not need to include that stretch. Reassess yourself every two to four weeks. You may find you no longer need to stretch a particular muscle, but instead need to add a stretch for a different muscle.

Many of the stretches that follow use a contract-relax method. The three basic phases of a contract-relax stretch are:

- 1 **Move into the initial stretch.** You should feel the muscles being stretched, but it should not be uncomfortable.
- 2 **Contract the muscle being stretched.** Use either your hand or the floor to provide resistance. Use only a light force when you contract.
- 3 **Relax, then move immediately into the stretch position after you release the contraction.** You should find you can move farther into the stretch.

Performing this process three to five times per muscle each session is optimal.

Adapted from *How to Eat, Move and Be Healthy!* by Paul Chek (Vista, CA: C.H.E.K Institute, 2004).

Other resources:

Chek P. *The Golf Biomechanic's Manual*, 3rd edn. Vista, CA: C.H.E.K Institute, 2009

About the author:

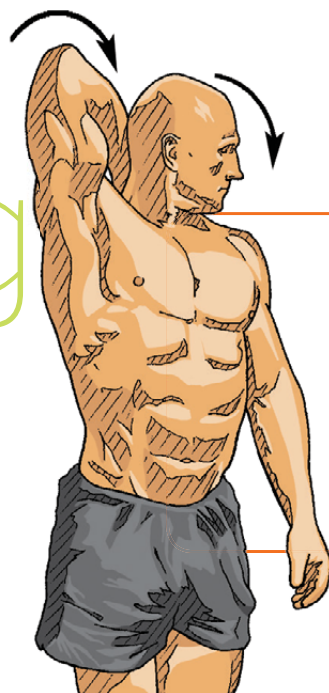
Internationally acclaimed speaker, author and Holistic Health Practitioner Paul Chek draws upon over 25 years of experience in corrective exercise, high-performance conditioning and integrative lifestyle management. Paul is the founder of the C.H.E.K Institute in California (www.CHEKinstitute.com and www.CHEKconnect.com) and the creator of the P~P~S Success Mastery Program (www.ppssuccess.com). In the UK, please visit www.CHEKeurope.com or call 07963 111906.

Sitting for extended periods day in and day out, without adequate stretching and movement, will lead to decreased flexibility and muscle imbalances



Stretching a point

Here are nine simple stretches you can do at home or at the gym to help you increase flexibility and rebalance your body. You'll need a Swiss ball, a small towel, some space and something comfortable to lie on. Perform these stretches a few times a week and you should quickly start to see an improvement in your flexibility.



Levator scapulae (muscle at the back and side of the neck)

- 1 Reach one arm as far down between your shoulder blades as possible.
- 2 Look as far as you comfortably can to the opposite side.
- 3 Take a deep breath in and hold for five seconds. As you exhale, look downward as far as you comfortably can toward your shoulder.

Rhomboids (muscle between shoulder blades)

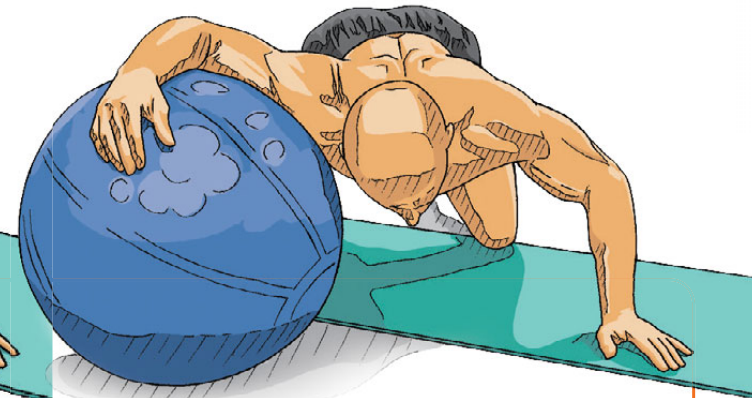
- 1 Kneel in front of a Swiss ball and place one elbow on the ball.
- 2 Bring the arm across your body as it rests on the ball.
- 3 Inhale and press into the ball with the elbow as you attempt to draw your shoulder blade toward your spine. Use your opposite hand to hold the ball still.
- 4 Hold for five seconds and release as you exhale and move farther into the stretch, allowing the shoulder blade to move away from your spine. Use your opposite arm to roll the ball across your body.



Chest

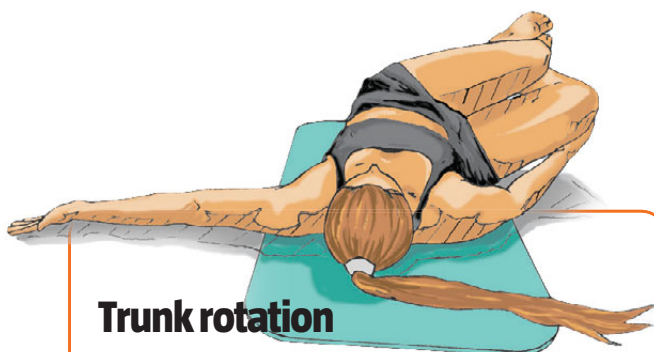
Pectoralis major (larger chest muscle)

- 1 Place your forearm on a Swiss ball.
- 2 Keep your shoulders parallel to the floor and drop your body toward the floor. When you reach a comfortable stretch, inhale and press the forearm into the ball for five seconds.
- 3 Exhale and move immediately into the stretch. You should feel no pain in the shoulder joint.



Pectoralis minor (smaller muscle beneath pectoralis major that tends to get tight)

- 1 Place your shoulder instead of your forearm on the ball.
- 2 As you drop your upper body downward, allow your shoulder blade to move toward your spine.
- 3 Inhale and press your shoulder into the ball for five seconds. Exhale and lower into a new stretch position. Keep your torso parallel to the floor.



Trunk rotation

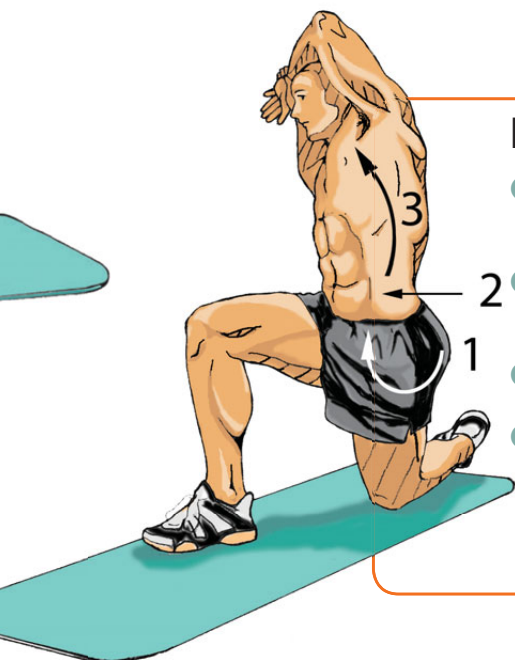
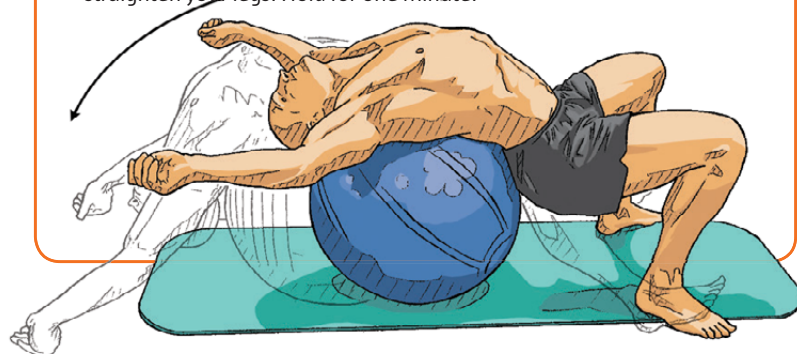
- 1 Lie on your back with your knees bent and pointing up at the ceiling.
- 2 Your lower legs should be relaxed. Place your left hand on your right thigh while keeping the right arm stretched out to help you stabilize.
- 3 Slowly let your legs roll to the left until you feel a comfortable stretch in your lower back. Inhale and slightly reduce the support from your arm to activate your trunk muscles.
- 4 Hold for five seconds and repeat to the other side. Continue to practise this stretch until you can comfortably place your thighs on the ground or you are no longer improving your range of motion.

Middle back and abdominals

Caution: If you experience dizziness when looking up toward the sky (for example, watching an airplane fly overhead or when putting something away in a high cupboard), you may also feel dizzy when performing this stretch. It is very important that you stop the stretch immediately if you feel any unusual symptoms, including nausea, dizziness or changes in vision. These indicate the need to see your doctor for a complete evaluation of your neck to rule out occlusion of the vertebral artery.

Perform this stretch on a non-slip surface.

- 1 Sit on a Swiss ball, then walk your legs out and roll backwards until you are draped over the ball.
- 2 Extend your arms over your head. To increase the stretch, slowly straighten your legs. Hold for one minute.



Lunge

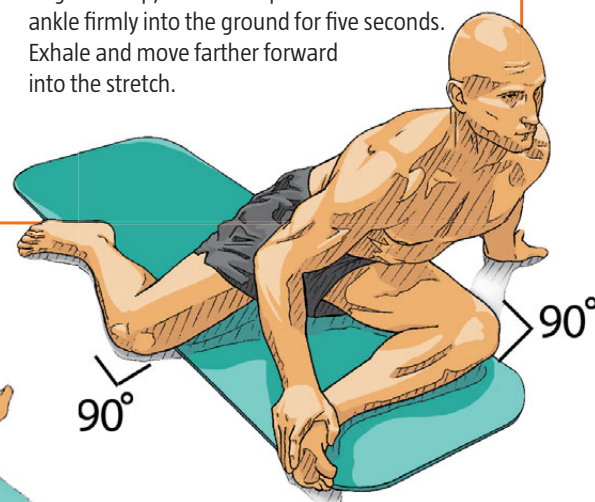
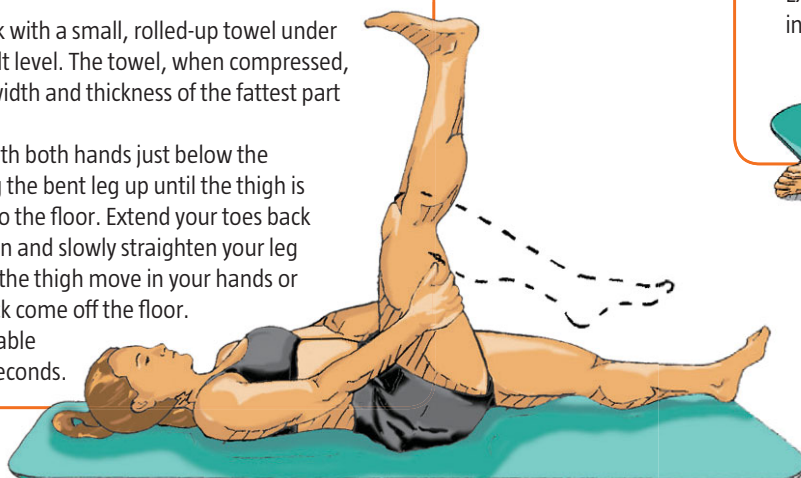
- 1 Assume a lunge position, making sure your front foot stays in front of the bent knee.
- 2 Draw your belly button in toward your spine and tuck your tail under (this will flatten your low back).
- 3 Begin to move your whole pelvis forward, keeping it square to the front.
- 4 To increase the stretch, extend the arm on the side of the trailing leg over your head and bend your trunk to the side. Rotating your pelvis toward the front leg will also increase the stretch.

90/90 Hip stretch

- 1 Sit on the floor with one leg bent forward at 90 degrees and the other leg bent backward at 90 degrees. The angle at your groin should also be 90 degrees.
- 2 Place one hand on the ground next to your hip.
- 3 Tip your pelvis as though it were a bowl and you were trying to pour the contents out over your belt line. Imagine sticking your butt backwards like Donald Duck.
- 4 You should have an increased curvature of your lower back. Keep the curve in your lower back and your chest and head up as you lean forward over the bent front leg.
- 5 When you feel a comfortable stretch in the outer thigh and hip, inhale and press the front knee and ankle firmly into the ground for five seconds. Exhale and move farther forward into the stretch.

Hamstrings

- 1 Lie on your back with a small, rolled-up towel under your back at belt level. The towel, when compressed, should be the width and thickness of the fattest part of your hand.
- 2 Grab one leg with both hands just below the knee, and bring the bent leg up until the thigh is perpendicular to the floor. Extend your toes back toward your shin and slowly straighten your leg without letting the thigh move in your hands or letting your back come off the floor.
- 3 Hold a comfortable stretch for 20 seconds.



Alzheimer's and dementia aren't inevitable consequences of ageing. There's plenty you can do now to keep your brain healthy

6 ways to keep Alzheimer's at bay

Alzheimer's is a disease we may fear more than any others because it involves a loss of our essential self. When it strikes, the decline is inevitable and inexorable, according to the current medical thinking, and the \$48 billion spent on developing a drug that reverses its development has yet to yield any positive results.

Medicine also has no answers as to the causes of Alzheimer's either, other than theorizing that it has something to do with chemical imbalance.

Around 800,000 people in the UK suffer from dementia, and 62 per cent is due to Alzheimer's disease, characterized by plaques and 'tangles' made up of beta-amyloid and tau proteins, respectively, in the brain. So Alzheimer's is the major cause of dementia—which is odd, as the first case was diagnosed in 1907 by German psychiatrist Alois Alzheimer, after whom the disease is named, and yet, even by the 1930s, pathology textbooks made no mention of the presence of plaques and tangles in the brains of affected corpses.

Although this sudden increase in the past 60 years might perhaps provide a clue as to what Alzheimer's is, the drugs industry and charities it helps support have focused their attention on a pharmaceutical solution, so far with little or no success. But there is promising research out there that points to possible causes and ways it can be treated, and even to approaches that may slow its progress.

Did you know?

Memory problems aren't necessarily the first tell-tale signs of Alzheimer's. Instead, a more reliable indicator is a decline in your depth perception, such as when you reach out for a glass of water and miss, or you misjudge a distance and think something is closer than it really is.

1 Watch your homocysteine levels

High blood levels of the amino-acid homocysteine are a marker of Alzheimer's. It's produced by the body after eating meat and plays a part in atherosclerosis, where the arteries start to stiffen and become clogged by fatty deposits. Any homocysteine score above 10 mmol/L (litre of blood) is considered a risk for Alzheimer's. The link was established more than a decade ago when researchers discovered that people with hyperhomocysteinaemia—having abnormally high homocysteine blood levels—were much more likely to develop dementia and Alzheimer's.¹

2 Supplement with B vitamins

Taking B vitamins—including B6, B12 and folic acid—is a recognized way to reduce homocysteine levels, and if homocysteine is a marker for an increased risk of dementia and Alzheimer's, it follows that supplementing with B vitamins might be a preventative. That's the theory that the Vitacog trial has been working on for the past three years or so. Based at Oxford University, the research team has been assessing how the vitamins reduce brain shrinkage and slow memory loss in a group of people, aged 70 years and older, diagnosed with mild cognitive impairment (MCI), which is seen as an early stage of Alzheimer's and dementia.

The researchers, led by Prof David Smith, established that the 77 participants with MCI and raised homocysteine levels suffered the most rapid brain shrinkage—and that B vitamins slowed the process.²





3 Improve your diet

If there's a link between homocysteine and Alzheimer's, it makes sense to reduce the amount of saturated fat you eat, as it's been linked to high homocysteine levels. Avoid trans fats too, and eat plenty of antioxidant foods like black raspberries, elderberries, raisins and blueberries. Antioxidant-rich vegetables include carrots, cauliflower, broccoli, Brussels sprouts and spinach. Eat more oily fish and less meat, and enjoy chocolate and a glass of red wine, as these can all help keep the brain healthy. Tea—especially green tea—also helps combat the toxic effects of beta-amyloid.⁵

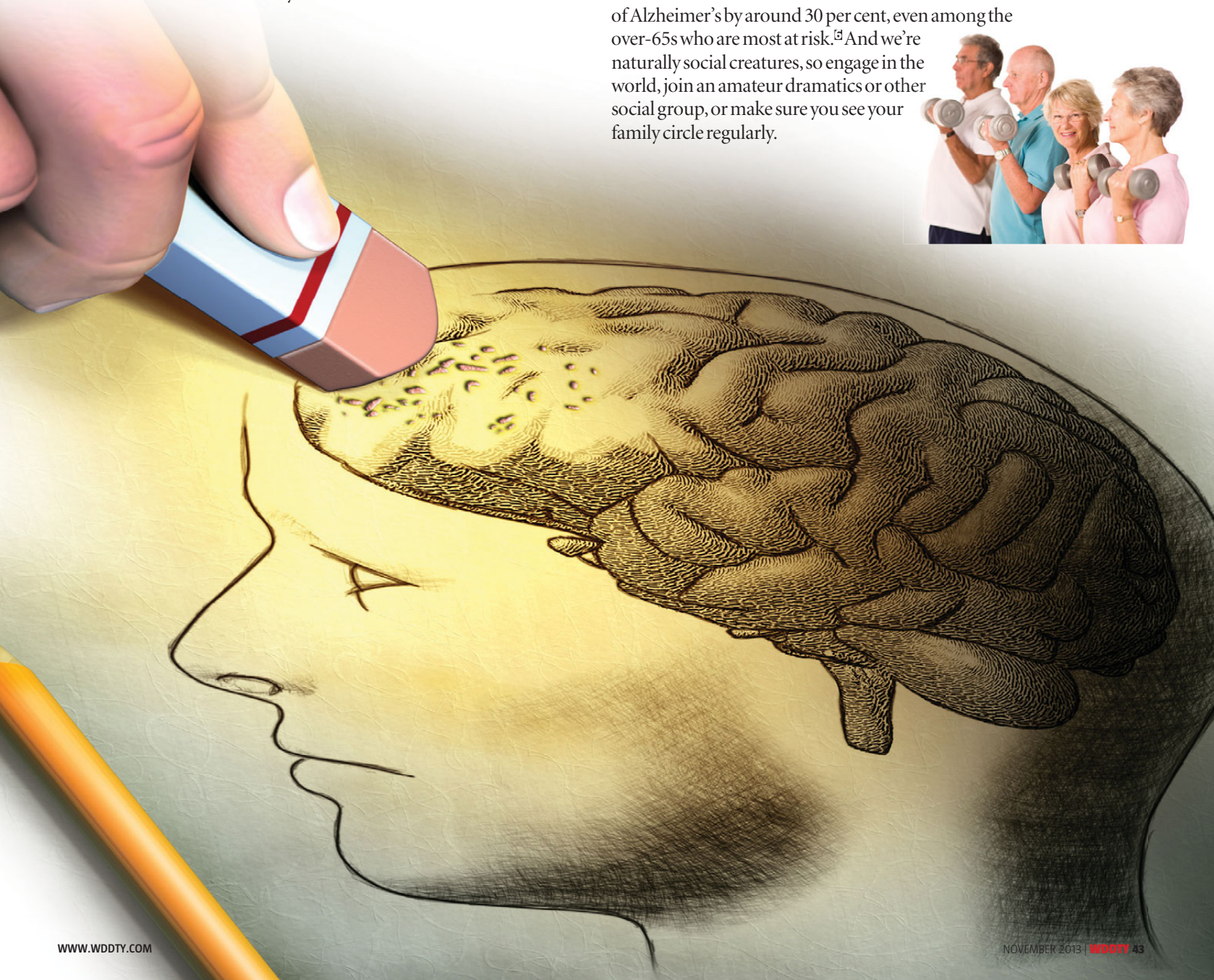


4 Use your brain

Don't draw the curtains and veg out on daytime TV. Instead, take up more intellectually challenging pursuits like reading, playing board games, completing crossword puzzles and playing a musical instrument, all of which have been shown to reduce the risk of Alzheimer's.⁶ The same goes for developing a new skill, joining an adult-education course or learning a new language.⁶

5 Socialize and exercise

Exercising three times a week—a vigorous walk for at least half an hour will do—reduces the risk of Alzheimer's by around 30 per cent, even among the over-65s who are most at risk.⁷ And we're naturally social creatures, so engage in the world, join an amateur dramatics or other social group, or make sure you see your family circle regularly.



6 Try taking herbs

If you're starting to display a few symptoms of MCI such as forgetting things, a few herbs seem promising in helping to slow down any mental decline. Sage (*Salvia lavandulaefolia/officinalis*) has powerful antioxidant and anti-inflammatory effects; in one test against a placebo, people who took 60 drops/day of sage oil maintained their mental functioning better than those taking Aricept, an Alzheimer's drug.¹

Instead of a prescription drug, *Ginkgo biloba* is often prescribed for patients with early-stage Alzheimer's by doctors in Germany. The recommended dosage is 240 mg/day, although it can take up to six months before any improvement is evident.²

The spice curcumin, a standard ingredient in Indian curries, also seems to have Alzheimer-fighting qualities. One study at the University of California at Los Angeles (UCLA) found that the spice boosted the immune (macrophage) clearance of beta-amyloid in the Alzheimer's-damaged brain.³



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Too much copper?

Is the copper piping in your home's plumbing system contributing to Alzheimer's? It's still a controversial theory, but there's plenty of evidence to support it.

In 2003, researchers added copper to the distilled water fed to laboratory rabbits and the animals soon started to develop beta-amyloid protein in their brains, the main building block of the plaques, or particles, seen in the brains of Alzheimer's patients.¹ The same pattern was found in beagles and mice when copper was added to their drinking water.²

So what's the link? Normally our brains have a natural defence against beta-amyloid buildup. Molecules called LRP (low-density lipoprotein receptors) act as the brain's police force and move amyloid in the brain's capillaries to the rest of the body's circulation, from where it is then eliminated. However, laboratory tests have shown that copper damages LRPs to such an extent that they stop working.³

Dr George Brewer at the University of Michigan Medical School, who is convinced of the link between copper in our drinking water and Alzheimer's, says the development of the modern plumbing system has gone hand-in-hand with the rise of the disease. He argues that Alzheimer's was still relatively rare until the 1950s, when there was a sudden increase in both the disease and the modernization (using copper) of plumbing systems across the US. A similar pattern has been seen in developing countries as their homes also become modernized.⁴

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Overdiagnosed?

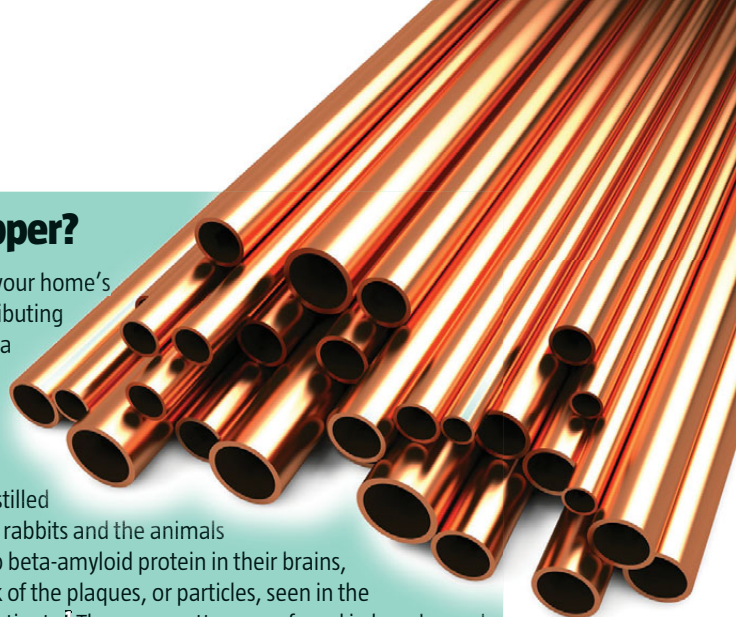
Everyone has become acutely aware of the early warning signs of Alzheimer's and dementia—memory loss, forgetting where you've left your keys, unable to recall someone's name, and so on—but perhaps it's all gone a little too far, say specialists.

They argue that these mild problems, which can be the natural consequence of an ageing brain, don't necessarily lead to Alzheimer's. In fact, they may even improve.

A team of specialists in Australia and the UK estimates that up to 23 per cent of elderly people diagnosed with dementia are, in fact, perfectly healthy. Only 15 per cent of those diagnosed with mild cognitive impairment actually go on to develop full-blown Alzheimer's, while between 40 and 70 per cent don't progress and sometimes even get better.¹

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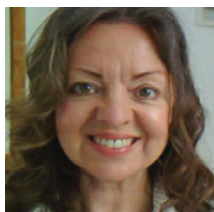


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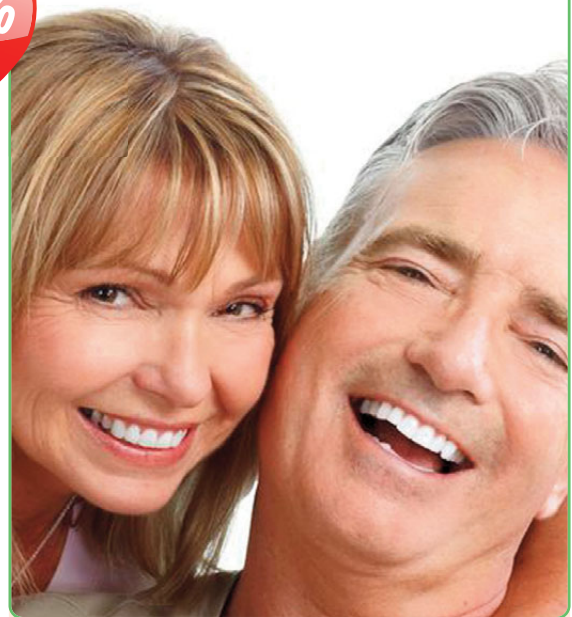


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Migraine

Q Are there any natural treatments that work for migraines, which I suffer from at least once a month? When I get one, the only thing that helps is going to sleep, but that's not always an option! I'd love to be able to prevent them, but I don't know where to start.

M.G., Hove

A Migraine has been rated among the top-20 most disabling chronic lifetime conditions by the World Health Organization—not surprising considering the symptoms: severe headaches often accompanied by nausea, vomiting, abdominal pain, and increased sensitivity to light and noise.

Migraine is thought to happen when blood vessels in the brain tighten and then suddenly expand. But precisely what causes this pattern of vascular constriction and

relaxation remains a mystery. Doctors usually blame it on heredity and treat the condition with prescription drugs like prochlorperazine, sumatriptan and ergotamine. But these don't get to the root of the problem and come with a myriad of side-effects.

Some can even cause rebound headaches—that is, headaches brought on by the medication itself.

You stand a much better chance of long-term relief if you try to work out what's causing your migraines in the first place. Although it's not clear why some people have migraines and others don't, studies have identified a number of factors that can trigger these headaches—and uncovering your triggers could be the key to beating migraines for good.

You'll need to do some detective work, though, as the causes can vary from person to person and you'll likely have

multiple triggers.¹ Here are some likely culprits.

Food

Certain foods can trigger migraines, so keep a food diary to record any patterns and see if avoiding potential triggers makes any difference.

Usually, it's the chemicals in foods that are most likely the culprits. Chemicals such as tyramine (found in cheese), phenylethylamine (found in chocolate), tyrosine (found in high-protein foods), monosodium glutamate (MSG), aspartame, caffeine, sulphites, nitrates (found in processed meats) and histamine (found in wine and beer) can trigger the condition by altering the physiological processes associated with migraine attacks.²

A study of nearly 600 migraine sufferers found that sensitivity to cheese, chocolate, red wine and beer had the most clear-cut association with

migraine attacks.³ There's also evidence that gluten sensitivity may play a role in migraines, and migraine is a common feature in patients with coeliac disease. One study found that a gluten-free diet can help. When four patients with migraine and coeliac disease were put on a gluten-free diet for six months, one patient was cured of migraines, while the other three experienced improvements in migraine frequency, duration and intensity.⁴

Other types of anti-allergy diets have also worked. In a controlled trial of children with frequent severe migraines, an elimination diet led to full recovery in 93 per cent of them. Their symptoms recurred when the suspect foods were reintroduced into their diets.⁵

sleep problems

If you suffer from any sort of sleep problems, sorting this out could help with your migraines. Sleep disturbances seem to be much more common among migraine sufferers than headache-free people.⁶

One study found that overnight headaches or having a headache first thing in the morning reflected a sleep disturbance in more than half of patients. When their sleep problems were addressed, 65 per cent saw their headaches completely resolve, while all patients enjoyed some improvement.⁷

Infection

It may be worth getting testing for infections such as *Helicobacter pylori* (the bug that causes peptic ulcers), which is thought to

predispose some people to migraine. In one trial, 40 per cent of migraine sufferers had *H. pylori* infection, and the intensity, duration and frequency of migraine attacks were significantly reduced in all participants who were completely cleared of the bacteria.⁷

H. pylori infection is most common in people with migraines not triggered by hormonal fluctuations (such as during menstruation) and in those with no family history of migraine.⁸

Deficiencies

If you've ruled out food, sleep and infections, consider getting tested for nutritional deficiencies. Not getting enough magnesium, for example, has been linked to migraine, and taking around 600 mg/day has been found to significantly reduce the frequency of attacks.⁹

Another study found that just 200 mg/day of magnesium could reduce the frequency of migraines in 80 per cent of those taking the supplements.¹⁰ This is something you could try before getting tested to see if it makes a difference.

It's thought that magnesium plays a role by counteracting the sudden contraction of blood vessels, inhibiting platelet aggregation and stabilizing cell membranes—all involved in migraine.

Stress

This is the factor listed most often by migraine sufferers as a trigger for their attacks. Plus migraine attacks themselves may be a cause of stress, leading to a vicious cycle. Stress-reducing techniques

Not getting enough magnesium has been linked to migraine, and taking around 600 mg/day has been found to significantly reduce the frequency of attacks

such as meditation, yoga and regular massage may help.¹¹

Environment

Could your home or workplace be giving you headaches? Headache is a common symptom of 'sick building syndrome' (SBS), a condition thought to result from factors such as volatile organic compounds (found in paint, lacquer, plastic and glue), moulds, electromagnetic radiation, lighting, noise, air conditioning, excessive heating and poor ventilation.

According to one review, SBS may well be a plausible explanation for chronic headache in some cases.¹² Bright sunlight, flickering

lights, air quality and odours can also be migraine triggers.¹²

Alternative treatments

Keeping a headache diary and trying to work out what's triggering your migraines is the best way to beat them. And addressing your triggers with the help of an experienced practitioner may reduce the frequency of attacks or even eradicate the problem completely. But if this doesn't work, there are a number of tried-and-tested natural ways to treat migraine.

Supplements

Riboflavin (vitamin B2).

A German study found that supplementing with riboflavin reduced the number

of migraine attacks by half, although once an attack had started, the vitamin had no effect on either its severity or duration.¹³ Riboflavin is generally safe, although some people taking high doses may develop diarrhoea.

Dosage: 400 mg/day

Coenzyme Q10. A significant proportion of migraine sufferers seem to be deficient in this vitamin-like antioxidant, and one study suggests that CoQ10 may cut migraine frequency by more than half.¹⁴

Dosage: 150 mg/day

Fatty acids. Polyunsaturated fatty acids (PUFAs) like omega-3s are worth trying. When migraine sufferers were given gamma-linolenic acid (an omega-6 PUFA) and alpha-linolenic acid (an omega-3 PUFA), 86 per cent saw reductions in the severity, frequency and duration of their attacks, 22 per cent became migraine-free, and more than 90 per cent had less nausea and vomiting.¹⁵

Although one trial found no significant differences between treatment with omega-3 supplements and a placebo, this might have been because the placebo was olive oil, which is itself a source of beneficial PUFAs.¹⁶

5-Hydroxytryptophan. This amino acid, also known as 5-HTP, has proved to be just as effective as two commonly used drugs—propranolol and methysergide.¹⁷

Dosage: 400–600 mg/day

Manual therapies

Spinal manipulation/mobilization can effectively treat migraine. One study found that spinal manipulation was on par with



drugs for reducing migraine suffering—and had fewer side-effects.¹⁸

Exercise

Physical activity can trigger headaches in some, although recent evidence suggests that exercise may be beneficial for migraines.

When Swedish researchers studied 26 patients at a local headache clinic for 12 weeks, they found that regular exercise (indoor cycling three times a week) led to significant improvements, including fewer migraine attacks, less intense symptoms and less use of medicines.¹⁹

Acupuncture

This traditional Chinese therapy can treat a range of different kinds of headaches, including migraines.

According to a review by the prestigious Cochrane Collaboration, acupuncture is “at least as effective as, or possibly more effective than, prophylactic drug treatment, and has fewer adverse effects.”²⁰

Biofeedback

This technique uses special machines to feed back information related to your specific internal physiological states. Numerous studies have shown that biofeedback can reduce the frequency and severity of headaches, but it can also be expensive and time-consuming.²¹

Homeopathy

A two-year study in Germany suggests that homeopathy can ease the symptoms of migraine, and also reduce the use of conventional treatments and health services.²² Contact



A high-quality trial conducted in India reported a “statistically significant cessation of active progression of depigmentation” in vitiligo sufferers taking Ginkgo biloba supplements

a qualified practitioner for a personalized treatment.

Herbs

A number of herbs can work against migraines, including butterbur, ginger and *Ginkgo biloba*, but you’ll need to take them for a number of weeks to experience any improvements. **Dosages: 50 mg/day alkaloid-free butterbur; 500–600 mg/day dried ginger; 40 mg three times/day Ginkgo standardized to 24 per cent heterosides**

Vitiligo

Q I’m 49 and have recently developed vitiligo that so far just affects my hands. My GP has suggested topical corticosteroids, but I’m concerned about the side-effects and would prefer to try natural treatments first. I’d also like to stop the condition

from getting worse. Can you recommend any natural remedies that work?

T.R., Surrey

A Vitiligo is a puzzling, often progressive, condition that causes depigmentation (skin whitening) in patches. It happens when melanocytes, the cells responsible for the pigments that give colour to the skin, die or are unable to function normally. An estimated 100 million people are affected worldwide.

For mild vitiligo, the usual treatment is topical corticosteroids, which can be effective but at a cost, especially when used long term. The drugs can have the same side-effects as their oral cousins, including thinning of the skin, growth problems and

hormone disorders.¹

For more extreme cases, the most accepted standard treatment is to attract more pigmented cells to the surface of the skin through phototherapy using ultraviolet (UV) A or UVB radiation—as seen naturally when you lie in the sun to get a tan—either on its own or in combination with other treatments such as psoralen drugs. Concerns have been raised, though, over side-effects like phototoxic reactions and blistering, and there is a lack of data on the risks of skin cancer with long-term UV irradiation.²

Happily, there are a number of natural treatments showing great promise for vitiligo. Your best plan of action is to work with an experienced naturopath who can suggest the relevant tests and recommend appropriate supplements and dosages, but here are some pointers.

Try antioxidants

What causes vitiligo is still a mystery, but the leading theory is that it’s an autoimmune disorder in which the immune system targets the body’s own pigment cells and tissues.³ Gaining in popularity, however, is the idea that vitiligo is caused by the body’s reduced ability to fight free radicals like hydrogen peroxide, which can accumulate in the skin and damage melanocytes.

Our cells are normally able to defend themselves against free-radical damage through the actions of antioxidant enzymes like superoxide dismutase (SOD) and glutathione, but studies have shown that this defence system is impaired in vitiligo sufferers, leading to ‘oxidative stress’.⁴

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Oxidative stress is now thought to play an important role in the development of vitiligo, and boosting antioxidants such as selenium and vitamins C and E could be an effective way to treat it.

In one study (albeit in animals, so the results may not apply to humans), mice with vitiligo were fed a mix of antioxidants—vitamins A, C and E as well as selenium and zinc—and given green tea to drink for nearly six months. By the end of the study, 70 per cent showed clear repigmentation in the affected skin.⁵

Another study, this time in people, found that an antioxidant supplement (containing alpha-lipoic acid, vitamins C and E, and polyunsaturated fatty acids) enhanced the effects of narrow-band (NB) UVB phototherapy, one of the most widely used treatments for vitiligo. Nearly half the treated patients saw more than 75 per cent repigmentation vs only 18 per cent in the placebo group.⁶

Topical antioxidants might also help. VitilVenz, a Venezuelan product containing coenzyme Q10, vitamins C and E, and other natural “mitochondrial-stimulating” ingredients, was tested in 100 patients and controls against a placebo—with good results. Those using the cream in conjunction with oral antioxidants and phenylalanine (an amino acid) saw the greatest return of skin pigmentation.⁷

VitilVenz isn't available in the UK, but there are lots of antioxidant-containing creams on the market that might be worth a try (check out Avalon Organics' vitamin C and coenzyme Q10 ranges, available at www.revital.co.uk).

Go for Ginkgo

Another antioxidant worth trying is the herb *Ginkgo biloba*. A high-quality trial conducted in India reported a “statistically significant cessation of active progression of depigmentation” in the group taking the herb. Some even saw their condition completely resolve. The researchers concluded that “*G. biloba* extract seems to be a simple, safe and fairly effective therapy for arresting the progression of the disease”.⁸

Dosage: 40 mg three times a day, standardized to 24 per cent ginkgol flavonoglycosides

Fix deficiencies

Fixing any nutritional deficiencies you may have by taking supplements might help treat your vitiligo.

In one study of 15 vitiligo patients, 11 had low folic acid levels, five had low vitamin B12 levels and four had low ascorbic acid (vitamin C) levels. After taking the relevant supplements for three months, around half the patients saw marked improvements in their condition. After one to two years of supplementation, some even experienced complete repigmentation.⁹

Rule out heavy-metal toxicity

Could a reaction to heavy metals be the cause of your vitiligo? Chronic skin contact with nickel has been implicated in vitiligo-like skin depigmentation. In two reported cases, the cause was the metal frames of their eyeglasses, which were made of nickel alloy. Both patients turned out to have nickel hypersensitivity that, in turn, caused low production of melanin pigment.¹⁰

Chronic arsenic poisoning is also associated with vitiligo-like skin changes.¹¹ Arsenic is found in lawn and garden products, but is also present in cigarettes, so if you're a smoker, it's another reason to quit.

Consider khella

Khellin, the active constituent in this North African herb (*Ammi visnaga*), appears to stimulate repigmentation of the skin in vitiligo patients when exposed to sunlight.

A controlled trial of 30 patients given oral khellin and then exposed to natural sunlight showed that most enjoyed some degree of repigmentation after four months of supplementing.¹²

Dosage: 120–160 mg of khellin

Look into hypnosis

Hypnosis has been successfully used as an alternative or complementary therapy for a variety of skin disorders, including vitiligo.¹³

Go swimming

If you have the time and money, daily bathing in Jordan's Dead Sea for a few weeks could help with vitiligo.

One study showed that short-term ‘Dead Sea climatotherapy’ combined with the use of a prescription ‘pseudocatalase’ cream called ‘PC-KUS’ led to significantly faster repigmentation in vitiligo patients compared with either Dead Sea therapy alone or a placebo cream in combination with Dead Sea therapy.¹⁴

For more information, see www.deadsea-health.org.

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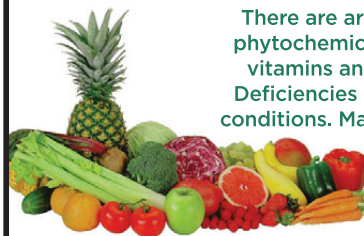
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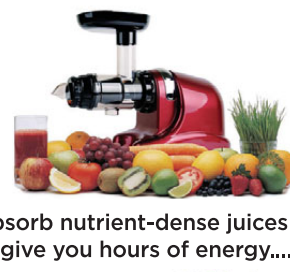
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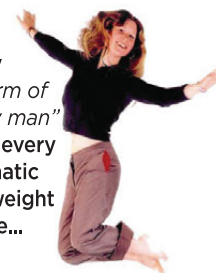
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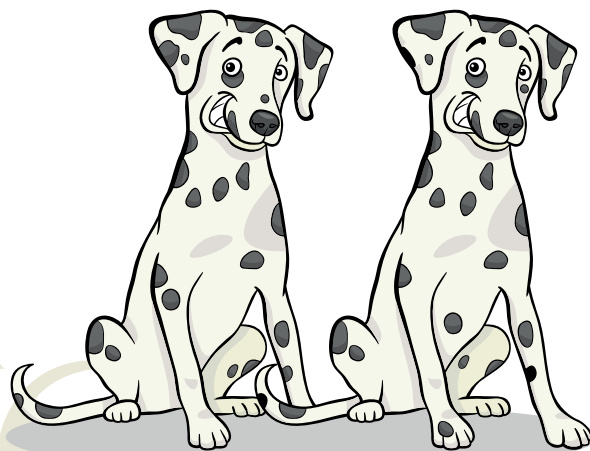
John, who'd been diagnosed on the autism spectrum, was in second grade and having great trouble with maths. I watched him as he attempted to solve a couple of the maths problems and very quickly it became clear to me that

he had no idea what numbers meant. He could read the symbols and name them correctly, but that was about it.

"What do you think numbers are for?" I asked.

He thought for a moment. "It's for the teacher to ask questions."

I knew he had a birthday coming up, so I suggested that we might pretend to plan his party to which he could invite only one friend. "Who would that be?"



The more you can help create the conditions for your child to perceive subtle differences, the more her brain can change and she will improve

"Sam, my best friend," he said.

I took a piece of paper and drew the image of John and next to him the image of Sam. I then asked: "Would you like to have some party favours at your party?"

"A puzzle and a little box of crayons," he said.

"How many puzzles will you get for the party?"

"One for me and one for Sam," John replied.

Great! He understood "one." I proceeded to draw a puzzle and a crayon box next to each boy on my drawing.

"Would you like to invite more kids to your party?" I asked. After he'd named eight friends, I drew his image and that of the additional eight boys with their names on a separate piece

of paper. I then showed John the first page with the drawing of John and Sam with the two party favours drawn next to them.

"Are these enough party favours for all the kids in your bigger birthday party?"

John looked at that drawing, then at the drawing of the nine kids, then back to the first drawing and said, "Oh no, it's not enough for everybody."

He had just perceived the difference in quantity.

"You need to go with your mum and get party favours for all of these kids," I told him. "So what are numbers for?"

He looked at me, as if surprised. "To know how many party favours to get at the store with my mum!"

"Numbers are for knowing how much or how many we have of something, like how many kids in a birthday party or how many car toys you have and how many your brother has," I said.

Anat Baniel CHILDREN'S CORNER

To help John, I needed to find where he was in his understanding of maths then find a way for him to begin feeling the meaning of numbers, rather than giving him more abstract maths problems.

As his understanding of numbers had been undifferentiated before our little game, any efforts to solve the problems were very stressful for John, and this stress prevented his brain from figuring them out.

Once I reduced this stress and created an opportunity for his brain to perceive differences associated with quantities that were meaningful for him, he was quickly able to associate those quantities with the idea of numbers.

His brain was now differentiating patterns of quantities, or groups, and their relationships to the words that represented these numbers. His brain was putting order into disorder through the help of subtlety.

The tools for subtlety

1. Make a difference. Whenever your child is stuck and unable to progress despite all her—and your—efforts, it's almost certain that she isn't perceiving enough differences. She might not see, hear, feel, or understand what is obvious to you and others.

This tool calls on you to discover in which areas your child might be making excessive efforts or where you or a teacher, say, are making excessive effort. It can be excessive physical efforts or intense cognitive efforts that make it difficult or impossible for your child's brain to perceive differences. Until she has the opportunity to perceive that difference, she cannot learn and improve.

With every movement—changing nappies, getting dressed, picking her up or putting her down, or any other way that you move your child or help your child move—use less and less force. Notice your child's immediate response to your greater subtlety.

2. Subtle emotional expression.

Next apply subtlety in your emotional expressions. Use any opportunity to

The science of subtlety

Ernst Heinrich Weber, a German psychophysicist and the father of experimental psychology, discovered more than a century ago that the greater the intensity of the background sensory stimulus (ie, the roar of the crowd), the more your sensitivity to a given stimulus diminishes and the harder it is to perceive any change.¹

Researchers have found that a baby's ability to recognize differences follows this same 'Weber- Fechner' law, which is why reducing the intensity of the background stimulus increases the ability of the child to perceive differences. Infants as young as six months of age are able to notice the difference in the number of elements, both visual and auditory, when those differences are large enough in relation to the initial amount introduced.

Other research suggests that all information that can be conceptualized in 'ordinal' (more vs less) terms including number, space, and time and possibly speed, loudness, brightness and even emotional expression, may share these kinds of representational mechanisms in the brain.²

What this suggests is that to help your child develop intellectual or other skills, parents, teachers and those in other helping professions need to find ways to reduce background 'noise'. Once they do, the brain gets the information it needs, many differences become big enough for the child to perceive, and the child becomes more intelligent and skilful.

reduce the emotional intensity that you bring to any interaction with your child through a gentle tone of voice, feelings of ease in the way in which you approach your child, or a reduction in the intensity of your expectations.

If your child has difficulty doing a certain movement and tries to do it

Whenever your child is stuck and unable to progress despite all efforts, it's almost certain that she isn't perceiving enough differences

forcefully (and unsuccessfully), find ways to guide her to use less force.

For example, when a child tends to trip and fall as she walks, you can be sure that she is using excessive muscular effort when standing and walking and is unable to feel the difference between her feet being right under her, being farther apart or being close together. Her excessive efforts

are like a very loud noise that drowns out her ability to perceive the gentler and more refined communications coming from her joints and muscles to her brain, which she requires if she is to articulate her movements better.

To turn down the volume of this excessive force, try playing a game with her. Instead of starting from a standing position, have her sit down in a chair where she will be able to feel more.

Have her look at her feet and show you with her hands how far apart her feet are. Then move her hands farther apart and say, "Now your hands are farther apart." Then move them closer and say, "Now they are closer."

Ask her to close her eyes and gently move her feet comfortably farther apart. Ask her, "Are your feet closer together or more away from each other?" Don't worry if her answer is correct, and do not correct her. Just let her feel what she is feeling and guess at where her feet are. Then have her look at her feet.

Ask her to close her eyes again, then move her right leg closer to the left and ask her, "Did you feel that I moved your leg?" Most likely she will say yes. Then ask, "Did I move it closer to the other leg or did I move it more away?" (If your child is too young or unable to speak, simply name what you are doing rather than asking her questions.)

Then repeat this whole process with the other leg, each time reducing the force in your own hand and arm as you move her leg. After that, ask her to move one leg (either right or left) with more force and then with less force. Play this game for about five minutes, then have her stand up. Give her a moment to feel any changes in the way she is standing. Most likely her brain has recalibrated ways of using her legs more efficiently.

Anat Baniel is offering WDDTY readers FREE access to a 45 minute audio lesson download. Visit www.anatbanielmethod.com/free-lesson

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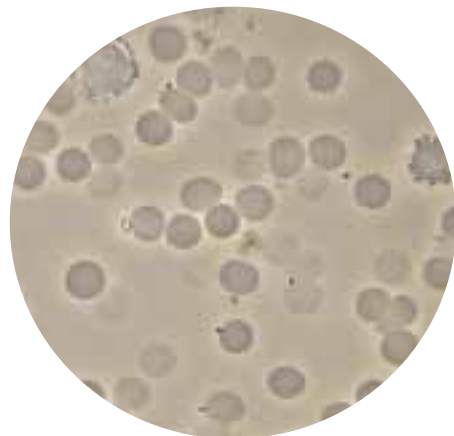
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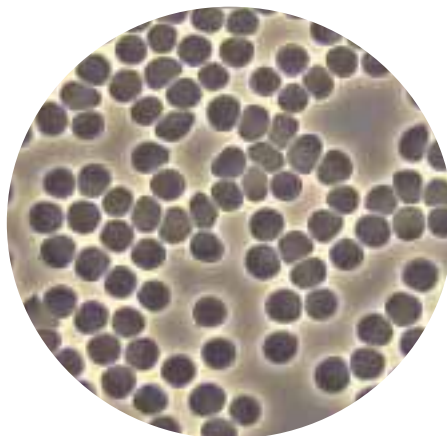
live blood analysis

before and after 20 minutes and 3 weeks

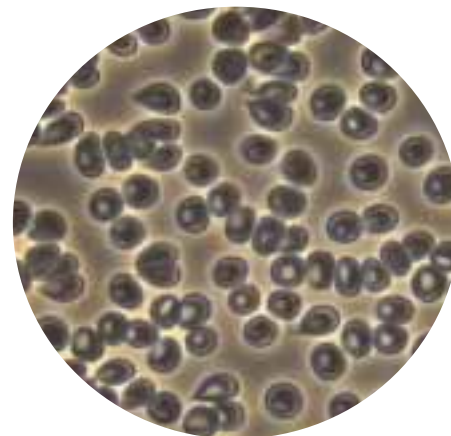
42 year old man, depressed, tired, lethargic, not sleeping. These bloods show the change in the clients blood from day one with a total lack of oxygen in the blood. After just 20 minutes with the Elanra sat on their knee, and then 3 weeks of using it and sleeping with it every day. High concentrations of negative ions are essential for high energy and positive mood (Thayer, 1996 [3]).



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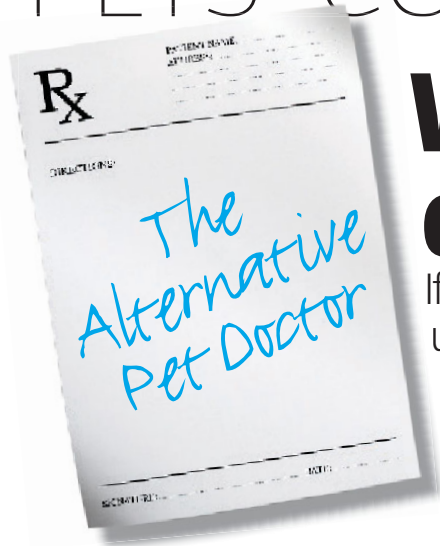


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When your pet has cancer...

If the conventional treatment hasn't worked or you don't fancy using chemo on your dog, try these alternatives

Q My 5-year-old Greyhound Lightning has been diagnosed with a tumour on his right front leg that is inoperable. My vet has done a biopsy and it has come back as a soft-tissue sarcoma. I don't want chemotherapy or radiation therapy. Is there anything natural that can slow down the growth of the tumour?
S.R., Birmingham

A I'm really sorry to hear about Lightning. Soft-tissue sarcoma (STS) is a malignant tumour of the connective tissues, muscles and fat that usually invades neighbouring tissues (it's locally invasive). It tends to recur after surgery, and high-grade STS tends to metastasize (spread) through the bloodstream to the lungs and liver. In cats, STS can develop at injection sites.

All tumours should be biopsied so that you know what kind of cancer you're dealing with.

In the limbs of dogs, STS can be what vets call 'non-resectable' or inoperable; because it is locally invasive, it's impossible to surgically remove the entire tumour. Also, because it tends to recur, you need to have

a 3-cm (1-inch) margin of normal tissue around the tumour, but this is most likely impossible on the leg, as there just isn't enough normal skin left to close the wound properly. It may be possible to remove as much of the tumour by surgery—a procedure called 'debulking'—but then it tends to regrow. There's also a chance this will 'seed' the microscopic cancer cells throughout the body, causing secondary lesions called 'metastatic tumours'. If the entire tumour is not totally removed by surgery, the recurrence rate within a year is 30 per cent.

I am one of an extremely small number of UK vets who has experience in managing cancer naturally, although I will use surgery to remove resectable tumours.

I also believe it's important for clients to be aware that there are alternative ways to manage cancer in dogs, as I have seen some good results.

My cancer journey

Although I have been practising natural medicine in animals for years, it was only six years ago that I began doing research into the alternative management of cancer

in pets. I didn't initially think it could ever possibly work, but as I progressed, it slowly changed my perspective of cancer as a disease; I now view cancer as a chronic systemic disease of the body.

In fact, I had a similar case to that of your dog two and a half years ago and, after I employed a natural approach, the tumour disappeared. It did come back again two months ago, but I have subsequently altered the approach slightly and the tumour is already smaller.

About cancer

Cells live for a set number of days or years. The cells that line the intestinal tract live for five days, pancreatic cells live for four or five years, liver cells live for three to five years and lung cells live for four or five years. Each cell has such natural cell death programmed into its DNA through a process known as 'apoptosis', which accounts for the death of some 60 to 80 million old, damaged, infected and cancerous cells in the human body every day.

The hallmark of cancer cells is that apoptosis has stopped working, so the cells carry on living and dividing, growing and spreading throughout the body. And as one researcher has put it: "One of the few areas in the cell death field that everyone does agree upon is that having cancer cells undergo apoptosis would be a good thing."¹

Apoptogens are molecules that induce apoptosis in cells, and referred to as 'green' apoptogens when they occur naturally. These agents can also halt abnormal cell





My plan of action is a multifaceted approach that includes killing cancer cells, boosting the immune system, reducing inflammation, relieving any pain and providing nutritional support

cycles and metastasis, and reduce inflammation. Unlike radiation and chemotherapy, they are selective for cancer and leave healthy cells alone.

Normal cells in the body live in an alkaline aerobic (oxygenated) environment where each cell produces 36 atoms of the energy molecule adenosine triphosphate (ATP) from the aerobic respiration of one glucose (sugar) molecule.

In contrast, cancer cells live in an acidic anaerobic (oxygen-free) environment and produce only four molecules of ATP from the fermentation of one glucose molecule. This means that cancer cells are weaker than normal cells and need massive amounts of glucose to survive, which is why high glycaemic foods should be avoided.

Natural management of canine cancer

My plan of action for the family pet is a multifaceted approach that includes killing cancer cells, boosting the immune system, reducing inflammation, alkalinizing and oxygenating the body, relieving any pain and providing nutritional support.

The two products I mostly use are Apocaps® and stem-cell enhancers because they do most of the above. Apocaps is a supplement developed by veterinary surgeon Dr Demian Dressler, DVM, and contains the following natural apoptogens: luteolin, a bioflavonoid extracted from peanut shells; apigenin, a bioflavonoid from parsley; curcumin, a bioflavonoid from the Indian spice turmeric; and silymarin from milk thistle. These natural apoptogens are thought to induce apoptosis in cancerous cells in animals.

These agents can also reduce the side-effects—while increasing the effectiveness—of radiation and chemotherapy.

Dr Dressler initially advised using the natural herbs individually in cancer patients, but found that the bioavailability of the active molecules from the herbs was too low to trigger apoptosis in cancer cells in the body. He was able

to correct this with the formulation he used in Apocaps.

Clinical trials in people, funded by the US government, are due to start shortly.

Dr Keith Martin, from the Nutrition and Cancer Laboratory at Pennsylvania State University, concurs. “There are examples of dietary components that can induce apoptosis in cancer cells without doing so in normal cells,” he said.²

What’s more, the herbs not only selectively induce apoptosis in cancer cells, but also cut off the blood supply that feeds tumours while decreasing inflammation in the body.

Angiogenesis, the formation of new blood vessels, is stimulated by cancer cells to supply tumours with the nutrients they need. Cancer cells only produce a small amount of energy from the breakdown of glucose, which is why they need massive amounts of sugar to survive. This is why carbohydrates (which are broken down to glucose) should be restricted in cancer

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patients: to starve glucose-loving cancer cells of energy. So, by cutting off the blood supply to tumours, these herbs also help starve cancer cells.

Inflammation is paramount to survival of the body when it comes under attack through illness or trauma. The four signs of inflammation are warmth, redness, heat and pain. When you cut your finger, the body's inflammatory response will flood the area with white blood cells to fight infection, oxygen and glucose to provide energy for body cells, and platelets to start the coagulation (clotting) process.

But when inflammation doesn't stop and instead becomes chronic, the body is then prone to chronic conditions like arthritis, diabetes, immune-mediated diseases and cancer. Luteolin, curcumin and apigenin lower the activity of the COX-2 enzyme associated with inflammation (just like non-steroidal anti-inflammatory drugs, or NSAIDs do). This means they are natural anti-inflammatory agents that can also reduce the pain associated with some cancers.

Immune support

The second arm of our multipronged attack on cancer is boosting the immune system. Cancer cells are routinely killed and mopped up by the white cells of the immune system, but when the immune system is depressed—such as when the body is under constant stress, which stimulates the release of cortisol and adrenaline (stress hormones) from the adrenal glands—cancer cells are allowed to flourish. Cortisol depresses the immune system, and a depressed immune system makes the body prone to infections that can kill the patient.

Ideally, the immune system would be able to identify cancer cells and destroy them. Unfortunately, cancer cells avoid detection by mimicking normal body cells, secreting chemical signals that suppress the immune system. On top of this, cancer boosts stress hormones that further suppress immunity.

Apocaps supplements contain beta-glucans, polysaccharides (complex carbs) found in the cell walls of mushrooms, yeast and certain grains like oats and brown rice. They are immune-activators with significant evidence that they can stimulate immunity and improve quality of life in cancer patients. As reported in a review by University of Oxford researchers Gordon

One of the best medicines you can give your dog is to never give up hope



D. Brown and Siamon Gordon, “the therapeutic benefits associated with these compounds, particularly as anti-infective and antitumorigenic agents, have led to a large body of published research over the last five decades”⁸

Nausea is common in cancer patients due to both cancer itself as well as the side-effects of radiation and chemotherapy, but the ability of ginger to combat nausea is also well documented in clinical studies. The active ingredients in ginger are called ‘gingerols’, and are included in Apocaps to help improve quality of life in cancer patients.

Stem-cell enhancers

I also use natural stem-cell enhancers in my cancer patients, and have found them to be highly beneficial for a number of reasons. These are a concentrate of the blue-green algae *Aphanizomenon flos-aquae* (AFA), an alkaline superfood that helps alkalize the body.

Some foods are classed as acidic because they lower body pH to below 7, while other foods are classed as alkaline because they raise the pH to 8 or over. Alkalinizing the body in a cancer patient is considered beneficial because it counteracts the oxygen-depleted, acidic low pH environment that cancer cells thrive in. AFA contains 120 vital nutrients

and minerals, including chlorophyll, which is similar to haemoglobin, so increasing oxygen levels in the body.

AFA also contains the pigment protein phycocyanin, which stimulates the body's natural killer cells that actively kill cancer

cells. Cancer patients generally die by wasting away—cachexia—because the disease robs the body of glucose, causing the body to then use fat and protein (muscle) for energy. Cancer literally starves you to death.

The mind-body connection

Many studies show that cancer patients have a better chance of recovery if they are positive and happy. In the case of dogs, we can aim to make them as happy as possible by playing with them, telling them how much we love them, massaging them, giving them positive energy via Reiki and taking them for walks.

I never give an answer to the question ‘How long does my dog have to live?’ because it's different for each dog, and the owner will stick to the stated time, worry like hell over it and pass the resultant negative energy on to their dog.

Once the owner gives up, the pet will shortly thereafter follow, so one of the best medicines you can give your dog is never to give up hope.

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Paul Boland, BVSc MRCVS, a partner at Alder Veterinary Hospital in Liverpool, has been a veterinary surgeon for 21 years. Combining herbs, nutraceuticals, acupuncture and more recently natural stem-cell enhancers, he is able to treat a large proportion of his patients naturally (see www.naturalhealthvet.com).

Send your pet questions to: letters@wddty.co.uk





ELECTROSMOG DOCTOR

Unhealthy rays

Starting with this issue, we are launching a monthly column on the effects of 'dirty' electricity on health and how to protect yourself against it

You may think you're doing everything right for your health—watching your diet, exercising and taking supplements—but have you thought about the electricity running throughout your home, workplace and environment? This is something you cannot afford to ignore, according to Dr Sam Milham, retired physician and epidemiologist with the Washington State Department of Health in the US.

As Milham once put it: "There is a high likelihood that most of the twentieth-century 'diseases of civilization', including cardiovascular disease, cancer, diabetes and suicide, are not caused by lifestyle alone, but by certain physical aspects of electricity itself."¹ How can a leading doctor make such a claim?

Having spent years studying American medical data, he found a significant correlation between the arrival of mains electricity and the increasing incidence of cancer, diabetes and depression in those areas. He had already been investigating a possible link between cancer clusters in schools and 'dirty' mains electricity in classrooms, and suspected an even wider picture. But because almost the entire population of the US had mains electricity by 1956, he had to go back to the 1920s to find medical records of significant numbers of people who didn't have it.

'Dirty' electricity, a term used by American power companies, refers to electrical supplies where the voltage doesn't alternate evenly at a steady frequency, as it's supposed to, but instead makes momentary changes by irregular amounts and with irregular frequency, so creating 'high-frequency voltage transients'—in other words, 'surges' or 'spikes' in the electrical supply.

Dr Milham found that cancer death rates in electrified areas were up by 60 per cent, while diabetes was up by 40 per cent and suicides by 39 per cent (and, by implication, rates of depression as well). He also tracked a similar progression in the incidences of these diseases in rural areas as they became electrified over the subsequent decades.

There's now a good deal of science to suggest that he may have been right. In the developed world, a large and growing segment of the population is developing long-term diseases that are debilitating and often ultimately life-threatening. Many of these, such as heart disease, cancer, severe headaches, arthritis,

A significant correlation was found between the arrival of mains electricity and the increasing incidence of cancer, diabetes and depression in those areas

fibromyalgia, dementia, attention-deficit/hyperactivity disorder (ADHD) and even diabetes, have been associated with the effects of electrification.

In fact, many scientific studies have pointed out how strongly we are affected by exposure to electromagnetic (EM) radiation. But how have we arrived at this situation where so few have been able to appreciate the full extent of the problem?

Let's take a brief look at the science. All electrical equipment radiates electromagnetic fields (EMFs) that act at a distance from the equipment itself. And in the modern world, we all use and are surrounded by electrical equipment, both our own and other people's. There are the giant power lines

and local substations of the national grid as well as mobile phone and police radio (Tetra) networks, not to mention our own TV sets, fridges, computers, wireless networks, games consoles, mains-powered telephones and many others.

This constant electrical pollution is called 'electrosmog'.

Hard and soft radiation

Science classifies EM radiation into 'hard' (high-energy) and 'soft' (lower energy) waves. High-energy waves 'ionize'—this means they are capable of splitting molecules in the body into electrically charged 'radicals', highly active and biologically dangerous molecules. It has been known for decades that high-energy (high-frequency) radiation—like X-rays from scanners, and gamma rays from nuclear power and bombs—all have an impact on our health.

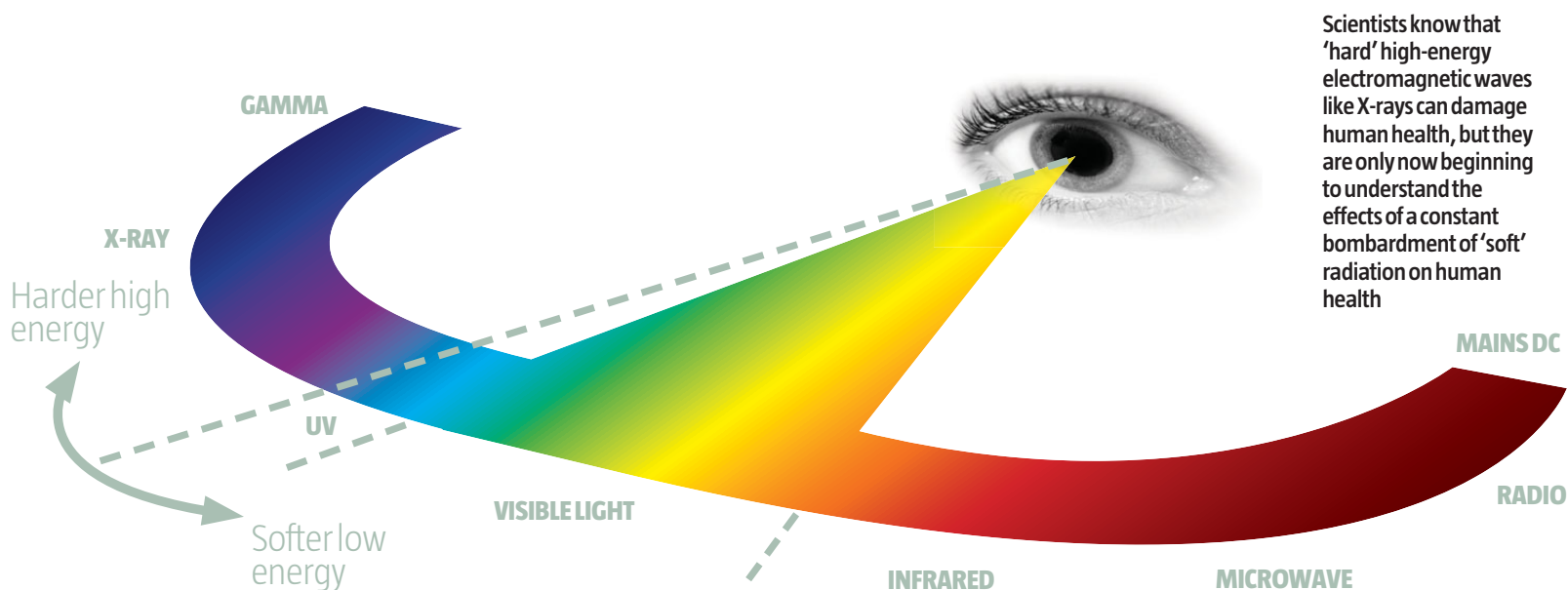
Hard ionizing radiation shows a clear and direct relationship between the amount received and the effect produced: the stronger the radiation, the worse the damage. This means scientists can reliably calculate the level of health risk from events like the Fukushima nuclear disaster in Japan and from medical scans, so the safe dosages for nuclear workers and patients being x-rayed or scanned are well understood and well defined.

Soft, non-ionizing EM radiation includes light waves, infrared heat, microwaves, radio waves and lower-frequency waves like mains electricity. With this form of radiation, the relationship between the amount received and the effect caused is much less direct. And because this radiation has no obvious, measurable effects like ionization, the majority of scientists have traditionally taken the view that it's generally harmless, apart from extreme levels that result in overheating or electrocution.

The Frankenstein effect

Thousands of scientific studies into the health effects of non-ionizing radiation have been carried out over the years, but all have tended to be ignored as they don't conform to the way most scientists and medical practitioners think. This is related to historical issues. In the 18th century, a scientist named Luigi Galvani discovered that muscles are moved by an electrical current: he gave

The 80 octave electromagnetic spectrum



demonstrations in which a dead frog's leg could be made to extend or contract by applying electricity to it.

From this, the mistaken belief arose that dead animals and people could be brought back to life by electricity. Perhaps the most famous result of this was Mary Shelley's novel *Frankenstein*; she had read Galvani's work before writing the novel.

Many scientists came to believe that any suggestion of a connection between non-ionizing radiation and biological effects smacked of 'hocus-pocus', and that anyone who made such a suggestion must be either a quack or a fraud.

Yet, because of the work of Sam Milham and many others, scientists and medical practitioners are finally and increasingly taking the view that some parts of the electrosmog are very likely unhealthy.

How is it affecting us?

Are we really like the proverbial frogs in a pan of water being so slowly heated that the frogs fail to notice the rise in temperature and so don't jump out of the pan before being boiled to death?

Are we allowing ourselves to be immersed in slowly (but constantly) increasing levels of electrosmog and failing to take any action to protect ourselves?

If so, then the worse the current impact of this pollution is, the greater the possible improvement in health when we do take simple precautions to reduce our personal exposure to electrosmog. You could say 'It's so bad that it's good'—it means that very simple and straightforward precautions could make a lot of people a lot healthier.

Although Milham's revelations may sound like bad news, they can help us make simple changes in the way we use electricity and expose ourselves to everyday EM radiation that, in turn, could do a lot to improve not only our own long-term health, but that of our loved ones too.

How sensitive are we to EM radiation?

The science is still evolving, but there are indications of why the dangers have been difficult to identify: the sheer range of symptoms, the range of response times, the range of triggers and sensitivities all make for a very complex field of study.

Our immune systems are certainly closely involved, as so many electrosensitive people also have other allergies. Consider my own case: I had a technical career in car design and telecommunications that came with very high, long-term use of mobile phones, and then I became intolerant of Wi-Fi and mobile-phone signals;

they gave me painful and continuous headaches—a combination of migraine, trigeminal (facial) neuralgia and myalgic encephalomyelitis (chronic fatigue). I now avoid electrosmog as far as possible, particularly while sleeping, and rarely suffer headaches now.

As a physicist I understand the scientific issues, and now perform surveys and recommend lifestyle changes and design environmental changes for the homes, offices and vehicles of health-conscious people. My aim is always to achieve the best compromise between having a beneficial environment while retaining full use of all the technology we now have in our lives.

In future articles I will share some of my secrets of how to design your life to reduce and avoid the many symptoms of electrosmog exposure.

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Physicist Guy Hudson is an electromagnetic surveyor, who helps consumers lower their exposure to excessive radiation and protect themselves from electrosensitivity, particularly to 'dirty' electricity.

See www.ben-e.co and www.ES-UK.info for more information.



Electrosmog - Should you be concerned?

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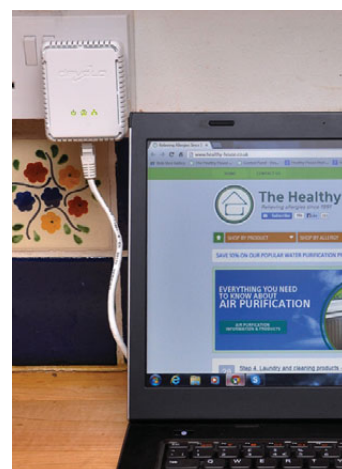


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Sweet dreams are made of this

You can avoid refined sugar altogether with these naturally sweet raw foods

Markéta Bola is a natural nutritionist and raw living-food chef who leads raw-food workshops, classes, dining experiences and *Tree of Life Wellbeing & Vitality Festivals* in the Midlands (www.treeoflife-events.co.uk)

About five years ago I caught myself eagerly eating a vegan marzipan bar and felt an incredible rush of childlike happiness. But it didn't last more than a minute after finishing the bar. My mind went through lots of thoughts like "It was just a bit of sugar and it gives me the extra energy I need" and "It was a small bar, not even 50 g of a little treat, so I should have one more". Yet I felt very proud of myself when I began eating purely vegan food. Just the fact that my body healed miraculously from the long-term chronic infection of my middle ear by not consuming dairy products was a huge achievement.

I approve of veganism as a growing movement with more and more people improving their health through it, including former US President Bill Clinton, who adopted a vegan diet in 2010 after cardiac surgery. The problem is that even healthy diets can unwittingly incorporate too much processed sugar. At the beginning of my raw plant-based journey, I found myself craving the 'real sweet stuff'. In fact, when I first stopped eating anything cooked, processed or refined, I found myself eating 16 bananas every day. Without a sweet dish, my evening meal left me feeling unfulfilled. That was the moment I realized I was a sugar addict—and most people are unaware that they're sugar addicts too.

My students often say they had no idea that sugar is the secret ingredient added to most of the stuff they've been eating, like potato crisps, sauces, soups, cereals, fruit juices, salad dressings and alcohol. The addiction begins innocently in childhood and leads us all to crave more sugary and

sweet flavours. And not only do we want to eat more sweet food, but we also want to eat more food in general. The average sweetener intake is now estimated to be more than 70 kg/year.¹

Sugar addiction

Recent French research tested whether there's a connection between the tendency to crave addictive drugs like cocaine and 'hyperpalatable' foods—especially those high in added sugar. Their evidence showed that sugar and sweetness can induce reward and craving responses in humans comparable in magnitude

wide range of essential nutrients and potential health benefits. Although dates have a high percentage of carbohydrates, they are also rich in minerals like potassium, boron, calcium, cobalt, copper, fluorine, iron, magnesium, manganese, phosphorus, sodium, zinc and selenium. The protein in dates also contains 23 kinds of amino acids, some of which are not found in the most popular fruits like oranges, apples and bananas.²

Weight loss with low GI fruit

The only problem with dates is they are a high glycaemic index (GI) food. The



Although dates have a high percentage of carbohydrates, they are also rich in minerals like potassium, boron, calcium, copper, iron and magnesium

to those induced by addictive drugs like cocaine; worse, sugary foods become even more rewarding and attractive than such drugs: at the biological level, the neural effects of a sweet reward appear to be even stronger than those with cocaine. This offers a physiological explanation for why so many people have difficulty controlling the consumption of foods high in sugar after being continuously exposed to them.²

A hot date

Dates are a healthier alternative to refined sugars. According to the latest study from the London Metropolitan University, dates may be considered an almost ideal food, as they provide a

GI measures carbohydrates in terms of their pure sugar/starch content to determine how they affect blood sugar levels (glycaemia) after meals. The GI score corresponds to a carb's potential to raise blood sugar levels.

In other words, they tell us the degree to which certain carbs make our bodies secrete insulin: the more insulin our bodies secrete, the greater the chances of putting on weight.

Foods with a high GI score tend to quickly raise blood sugar levels, while foods with a low GI score raise them more slowly and over a longer period of time. The rush of energy produced by high GI foods doesn't last long and is soon followed by an energy lull that makes you feel hungry and want to eat

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Markéta Bola THE RAW-FOOD CHEF

more. Plus, after eating high GI foods, you will have lots of readily available energy in your blood, so your body uses this energy first rather than other stores of energy like body fat, which makes it harder to lose weight.

In contrast, after eating foods with a low GI score, you will feel less hungry.² This means that instead of having to control your cravings for food by will power alone, you are controlling them by satisfying your body's energy needs.

With a good GI diet, your desire to snack or overeat will be greatly reduced. Using dates as a sauce, as in my recipe, won't necessarily put on weight. But if you'd like to lose weight, instead eat fruits with a low GI score like cherries, plums, grapefruit, peaches, apples, dried apricots and prunes.

Raw Sweet-full Delight

We have a little apple tree in our garden and it harvests a plentiful basket of apples only once every two years—so I have to be patient. But it's worth waiting every minute as the apples are just delightful. I like this recipe because of its versatility—it can be enjoyed on its own or used as a filling for raw crepes and wraps. I find that people are often surprised at how tasty the courgette (zucchini) is in this dish.

Maca, the sweet root powder that enhances mood and balances our hormones, is a lovely addition to this recipe, while the chia seeds absorb moisture and hold it all together. Cinnamon is an excellent digestive tonic and it's my number-one favourite spice for keeping sweet and warm during cold evenings.

1 cup shredded apple
1 cup shredded courgette
1 Tbsp chia seeds
1 Tbsp maca powder
1 tsp cinnamon
2 Tbsp soaked goji berries

Gently mix all the ingredients together in a big bowl, tossing and turning them until well mixed.

Dark Brown Date Sauce

7 dates
2 Tbsp carob powder
1 Tbsp psyllium seed husks
1 cup water

Ideally, use a high-speed blender to create a liquidized sauce to pour over your Raw Sweet-full Delight. The sauce will keep for up to a week in an airtight container in the fridge.



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Annemarie Colbin **FOOD AS MEDICINE**

Treating your child's ear infections naturally

If your child is prone to this condition, these home remedies are Annemarie's favourites

Annemarie Colbin, PhD, an award-winning leader in natural health, founded the Natural Gourmet Institute for Health and Culinary Arts in New York. She is the author of several bestselling books, including *Food and Healing* and *The Whole-Food Guide to Strong Bones*

Inflammation of the middle ear (on the other side of the eardrum), also known as 'otitis media', is a veritable epidemic among our children. Although the condition is commonly treated with antibiotics, despite the use of drugs it will recur time and time again. A recent review of 11 trials of antibiotics compared with a placebo or watchful waiting in children with acute otitis media found that, although the drugs were better at dealing with symptoms, the otherwise small difference overall did not outweigh the safety issues associated with antibiotic use.¹

Given the substantial data available on the damaging adverse effects seen with antibiotics, it could be said that, in the case of ear infections, antibiotics may do little good and much harm. In fact, the Center for Healthcare Policy and Research at the University of California at Davis recommends 'watchful waiting' instead of antibiotics as the first step in the treatment of non-acute middle-ear infection.

Ear problems may be dry, congestive and painful or they may be moist, when the eardrum may break open and allow the inflammation to drain naturally. Once the process is over, the eardrum will heal on its own.

When natural drainage doesn't happen, the medical treatment technique calls for placing tubes through the eardrum to allow pus to drain. This procedure (called 'myringotomy') is associated with permanent eardrum perforation in about 1 per cent of the ears treated, so further surgery is then required to repair the hole.

Also, as much as 70 per cent of the ears studied suffered recurring infections throughout the ear-tube treatment.

Possible causes

From my observations, infections may be to do with regular use of cow's milk products in the diet of both the mother while expecting and the child itself once born. If the mother eats a lot of milk products and cheese while pregnant, her child may discharge the mucus caused by excess dairy through the ears after birth. Let's remember that milk is a high-nutrient food intended by nature for the baby, not the mother, and that the nutrients in cow's milk are excessive for humans.

This relationship was made clear to me by painful personal experience.

For children prone to ear infections, I find the best policy is to remove all milk products, sugar and, in some cases, wheat products from their diet

When I was pregnant with my youngest daughter, I craved lots of melted cheese and ate it daily on English muffins and pizza. After she was born, I stopped, so she and I both had what I consider a 'dairy discharge' when she was about five months old. She developed a dramatic ear infection with plenty of mucus. I wasn't seriously worried because I believed I understood the cause, which had been my diet.

I treated her with herb teas, washing out her ears with tea and honey (a natural antiseptic), and putting a small cold compress behind her ears (to keep the infection from spreading) and a warm compress over her kidneys at the back of her waist. The latter technique is based on the Chinese concept that the ears and kidneys are linked, so that any problem with the ears also indicates a problem with the kidneys.

When the kidneys are attempting to clear away the byproducts of dairy metabolism, they may sometimes become overstressed, and the ears may reflect that stress in the form of inflammation. Placing a hot compress on the kidneys stimulates them to increase their detoxifying activities.

As I was breastfeeding my daughter at the time, I made sure to eat a low-fat diet and plenty of vegetable soups. Every time I put the compresses on her, she nursed well, slept for hours and didn't seem to be in pain, so I felt that healing was happening.

The process took three weeks, but she had no other ear infections after that for years, except for a mild earache about once a year that was easily handled by a hot compress on the ear. When she was eight she had another ear infection with drainage. At first I treated her with juices, the 'expansive' vitamin C approach (yin foods in Chinese medicine), but it didn't help, so I switched to the salty 'contractive' (yang) remedies and gave her miso soup (see page 67), as well as a hot compress on the kidneys: she rallied within a day.

Prevention

For children prone to ear infections, I find the best policy is to remove all milk products, sugar and, in some cases, wheat products from their diet. The problem will then usually abate within two or three months after the body goes through one last clean out, which is best treated naturally—without antibiotics.

Treatment

Alexa Fleckenstein, MD, a Boston-based specialist in European natural medicine, strongly suggests drinking plenty of warm water and rinsing out the nostrils with salt water to help with the drainage. Sezelle Gereau-

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Haddon, a paediatric otolaryngologist at Columbia Presbyterian Medical Center in New York, recommends homeopathy for treating ear infections. Here are some other home remedies you can apply, which have worked well for me.

For dry painful earaches, try:

Cold socks. Take a pair of cotton socks, wet with cold tap water, wring out and put on the feet, then add a pair of dry socks on top of the wet ones. Do this before bedtime and sleep with the socks on.

A hot compress. To reduce ear pain, fold a washcloth in four, wet under hot tap water, wring out and place on the ear as hot as you (or the patient) can stand; put on a woolen cap to keep it in place. Use this only for dry earaches; for wet, draining earaches, use the hot compress on the kidneys.

Keeping the ears warm and covered.

Warm olive oil drops. Warm a bit of olive oil until a test drop on the wrist feels pleasant, and place two or three drops in each ear, followed by a cottonball to keep the oil from running out too soon.

Food and drink. As with all inflammatory conditions, it's best to keep away from sweets, milk, cheese, yoghurt and ice cream, and instead have plenty of warm liquids like teas and soups, soft grain dishes like

oatmeal, polenta or soft barley, and cooked vegetables like carrots, squash or zucchini (courgettes). Go easy on protein foods until the condition subsides.

If the home remedies don't help, if the earache lasts more than three days or if there is fever with listlessness, neck pain or any other worrisome symptoms, visit a health professional.

Below is my favourite remedy for any infection.

Garlic Miso Soup

1 whole head garlic, all cloves peeled
950 mL chicken or vegetable stock
2 Tbsp light miso paste

Simmer the garlic cloves in 2 cups of stock for 10 minutes, then purée in a blender with the miso. Pour this back into the pan, add the rest of the stock and heat. Serve hot or, if to children, warm.

Like water for CHEMO

Homeopathy is a nonsense, at least according to scientists and skeptics. Yet Indian doctors are using it every day to treat cancer—and now the US government is interested.

Doctors call it “nonsense on stilts”, and professors of medicine have been bullying government and health authorities to stop offering it on the UK’s National Health Service (NHS), while scientists say it is implausible, if not impossible, as it breaks every law of science they know.

Homeopathy is everyone’s favourite whipping boy, and if it does clear up a snuffly cold or minor headache, it’s all due to the placebo effect: it’s just mind over matter, and people merely think it’s making them better. Any active ingredient in a homeopathic remedy is diluted sometimes thousands of times, so any effect must be entirely in someone’s imagination.

That makes perfect sense, assuming our understanding of physics and human biology is complete. But judging by how it is used in India—where doctors routinely use it even for life-threatening diseases like cancer—we perhaps have a little way to go yet.

The Indian doctors have found an unlikely ally in the US government’s National Cancer Institute, which has been so impressed by the way cancer patients have responded to homeopathic remedies that they want to see more research carried out. Its attempts have foundered, though, for lack of funding. Most research is paid for by drug companies, but as they have nothing to gain from the results of these studies—other than perhaps a loss of revenue for its chemotherapy drugs—the NCI can’t find anyone prepared to pick up the tab.

Everyday miracles

Everyday miracles are carried out at several homeopathic clinics in Kolkata (Calcutta) in India, and it was there that American researchers went to see the work for themselves. One member

of the research team, Dr Moshe Frenkel, who was at the time working at the MD Anderson Cancer Center (MDACC) in Houston, was astounded by what he witnessed. “I saw things there that I couldn’t explain. Tumours shrank with nothing else other than homeopathic remedies. X-rays had shown there had been a lesion on the lung and a year after taking the remedy it had shrunk or disappeared.”

Still sceptical, or perhaps fearing he was the victim of a medical variant on the Indian rope trick, Dr Frenkel went back to his laboratory at MDACC and decided to test the homeopathic remedies on a culture of breast cancer cells. The protocols were as rigorous as they are for when Frenkel and his researchers test a new chemotherapy drug.

Eight scientists from MDACC tested four remedies—*Carcinosin* 30C, *Conium maculatum* 3C, *Phytolacca decandra* 200C and *Thuja occidentalis* 30C—on two human breast-cancer cell lines. Around 5,000 cells were exposed to the remedies and to a placebo—the solvent without the active ingredients of the remedies—for periods of between one and four days. The experiment was repeated three times.

Two of the remedies—*Carcinosin* and *Phytolacca*—achieved as much as an 80 per cent response, indicating they had caused apoptosis, or programmed cell death. By comparison, the placebo solvent achieved only a 30 per cent reduction, suggesting that the homeopathic effect was more than twice that of a placebo.

Also, the effect was strongest with the greater dilution—which in the contrary world of homeopathic medicine means greater strength—and for longer periods of exposure. The remedies triggered an ‘apoptotic cascade’ that interfered with the cancer cells’ normal growth

The US government’s National Cancer Institute has been so impressed by the way cancer patients have responded that they want to see more research carried out

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However, the British rulers were not sympathetic to homeopathy and it began to flourish in India only after the country achieved its independence in 1947.

Ruta 6 and *Calcarea phosphorica* 3X were given to 15 patients with brain tumours. Six of the seven patients with gliomas—a type of brain cancer considered incurable—achieved complete regression. The scientists then studied the action of the remedies on cancer cell lines in the lab and noted that they induced death-signalling pathways in the cancer cells.

The NCI concluded there was sufficient evidence of efficacy to support further research into the protocol, an historic decision as it marked the



first time that any official health institute in the US had worked with an alternative therapy for cancer treatment. But now the wait for funding goes on.

Researching the improbable

Meanwhile, the Banerjis have been carrying on with their own research. In one review of the work at the Foundation, 21,888 patients with malignant tumours were treated only with homeopathy—they had neither chemotherapy nor radiotherapy—between 1990 and 2005. Clinical reports reveal that the tumours completely regressed in 19 per cent—or 4,158—of cases, and stabilized or improved in a further 21 per cent (4,596) of patients. Those whose tumours had stabilized were followed for between two and 10 years afterwards to monitor the improvement.¹¹

This suggests that homeopathic remedies on their own may be reversing, or certainly stabilizing, 40 per cent of all cancers treated, a success rate that matches the best results for conventional medicine—and without the debilitating effects of chemo and radiotherapy.

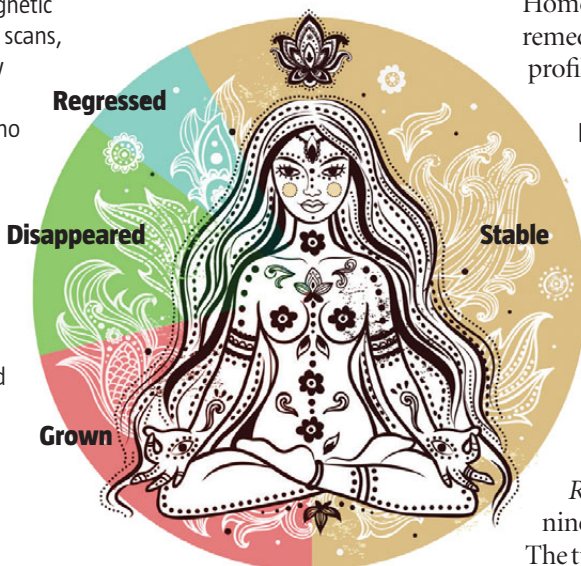
But as Frenkel was quick to point out, the remedies don't work for everyone, and the Banerjis' own studies seem to bear that out.

The Foundation's homeopathic therapy—the Banerji Protocol—has been independently tested under

The tumours completely regressed in 19 per cent of cases and stabilized or improved in a further 21 per cent of patients

Rooting for Ruta

Many of the Foundation's patients are taking *Ruta 6* with extraordinary success. According to magnetic resonance imaging (MRI) scans, brain tumours completely disappeared in 18 of 127 patients taking *Ruta* and no conventional treatment. Another nine patients saw their tumours shrink significantly, and around half had their tumours stabilize. Overall, 79 per cent of the brain-tumour patients surveyed enjoyed great or at least some benefit from *Ruta*.



Researching the improbable

In one review of the work at the Foundation, 21,888 patients with malignant tumours were treated only with homeopathy—they had neither chemotherapy nor radiotherapy—between 1990 and 2005. The tumours completely regressed in 19 per cent—or 4,158—of cases, and stabilized or improved in a further 21 per cent (4,596) of patients.

19%
Regression

21%
Stabilized or improved



laboratory conditions, and two of the remedies used, *Carcinosin* and *Phytolacca*, were found to be as effective against breast cancer cells as the chemotherapy drug Taxol.¹¹

All of the remedies used at the Foundation are available in shops, and *Ruta 6* is one of several regularly prescribed. The Protocol reflects the Foundation's use of high-tech screening equipment and a mix of remedies—two practices contrary to Classical Homeopathy, which attempts to prescribe one precise remedy that fits the given individual's mind-body profile.

Rooting for Ruta

Although *Carcinosin* and *Phytolacca* fared well in the laboratory, many of the Foundation's patients are taking the *Ruta 6* remedy with extraordinary success, according to one survey of 127 American patients with brain tumours, half of whom were at grade IV, the end-stage before death.

The tumours had completely disappeared, according to magnetic resonance imaging (MRI) scans, in 18 of the 127 patients taking only *Ruta* and no conventional treatment. Another nine patients saw significant tumour regression. The tumours were stable in around half of all patients scanned, but had grown in around 27 patients. Overall,

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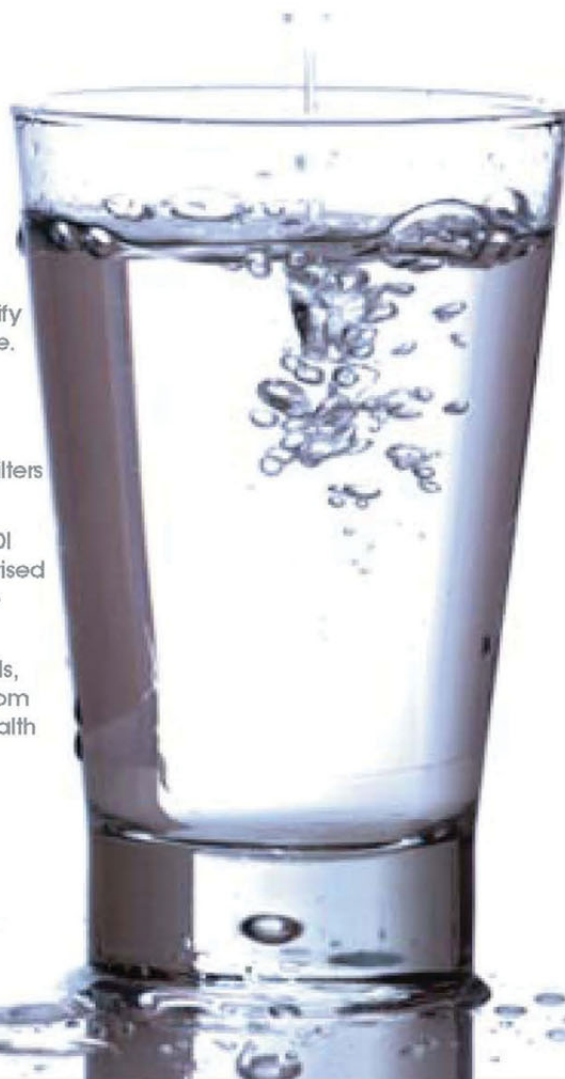
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Dr Jan Beute MD, Doncaster Accident and Emergency Department.

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around 79 per cent of the brain-tumour patients surveyed enjoyed either great or more limited benefit from *Ruta*.

In an earlier study by the Foundation of patients taking *Ruta* alongside conventional chemotherapy for brain tumours, 72 per cent derived some or major benefit from *Ruta* and chemotherapy combined, suggesting that *Ruta* on its own may be more effective than—or as effective as—chemo, and without its debilitating side-effects.¹

In a separate study of brain-tumour cases—148 patients with malignant gliomas and 144 with meningiomas—treated at the Foundation between 1996 and 2001, the 91 patients treated exclusively with *Ruta* and *Calc Phos* had an average survival time of 92 months, while 11 patients treated conventionally and who had used homeopathy only as a supplement lived for 20 months. In addition, 7 per cent of the homeopathy-only patients had a complete cure, 60 per cent were improved, 22 per cent were stable—with the cancer getting neither better nor worse—and 11 per cent saw their cancer worsen or they died.²

The other clinic

There is a second homeopathic clinic in Calcutta that is, confusingly, also run by two P. Banerjis—Parimal and his son Paramesh. The clinic, the Advanced Homeopathic Healthcare Centre, has not attracted the same interest from the West; while its claims seem to be equally as impressive, they have not been independently verified.

Paramesh's grandfather, Dr Pareshnath Banerji, opened a homeopathic clinic in India in 1918, and his work was continued by his son, Parimal, who adapted Classical Homeopathy into the new approach he calls 'Advanced Homeopathy'.

With this method, he uses homeopathic remedies the same way a conventional doctor would use drugs, by treating one presenting symptom at a time, so a cancer patient with pain, for example, would be treated for the pain first.

Parimal claims the approach is scientific, based on around 14 million cases dealt with through past generations of his family, with results that can be replicated by any trained practitioner.

The claims that the Banerjis make for Advanced Homeopathy are extraordinary. They say that 95 per cent of their patients don't need surgery, not even for major diseases like cancer. Although the Centre has not undertaken any clinical trials, its case studies draw an impressive picture.

• A 65-year-old woman with advanced pancreatic

A meta-analysis of 67 homeopathy experiments showed effects beyond that of placebo in three-quarters of them, which reported a high-potency effect



Not just water

Scientists and doctors say homeopathy is a nonsense because of the high dilution of the active ingredient. Most remedies are diluted beyond Avogadro's number, the final concentration at which molecules of the original substance can still be found.

Any homeopathic remedy with a potency of 12C—in other words, 1,200 dilutions—or greater is beyond the Avogadro number, suggesting that only water is left. This means that any effect of homeopathy must be due to the placebo, or 'feel-good', factor, say sceptics.

But homeopathy turns conventional science and medicine on its head: it contends that greater dilutions have greater potency—so the more dilutions, the more powerful the remedy.

Conventional science doesn't have a model to explain how homeopathy works and yet a meta-analysis of 67 experiments demonstrated effects well beyond that of placebo in around three-quarters of them, which reported "a high-potency effect".¹

Positive effects have also been seen using highly sophisticated measuring technologies, including:

- calorimetry, which measures the amount of heat given off by a sample²
- spectroscopy, which measures how a substance absorbs and emits electromagnetic radiation³
- thermoluminescence, which measures the amount of light produced by a sample when heated.⁴

Succussion—or vigorous agitation—is as important as very high dilutions in creating the remedies. One study even measured the effectiveness of two highly diluted therapies, one succussed and one not, and a placebo, and found that the number of effective samples was higher among the shaken ones than in the other two groups.⁵

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The new science of water

Undaunted by the public ridicule of his compatriot biologist Jacques Benveniste and his theory that water has a 'memory', Nobel Prize-winning virologist Luc Montagnier has confirmed that water does indeed retain frequencies even at levels of dilutions as great as those used in homeopathy.

Montagnier, who was awarded the Nobel Prize for his discovery of a link between HIV and AIDS, has found that solutions containing the DNA of viruses and bacteria "could emit low-frequency radio waves". These waves influence the molecules around them, turning them into organized structures. In turn, these organized molecules also emit waves.

Confirming what homeopaths have said for several centuries, Montagnier has discovered that these information-emitting waves remain in water even after it has been diluted, often to the levels regularly prescribed in homeopathy.¹

Montagnier's discoveries mirror those of French immunologist Jacques Benveniste, who spent the last 15 years of his life investigating water and its ability to 'remember' substances even after having been diluted many times (see page 78).

But after his original paper was published in the prestigious journal *Nature*,² Benveniste was visited at his laboratory by the journal's editor John Maddox and 'quackbusting' magician James Randi. They changed Benveniste's protocol, he said, and consequently were unable to replicate the findings that inspired his original paper, leading them to effectively accuse him of being a 'quack' and therefore ruin his reputation.

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cancer and a tumour too large to be removed had refused all other conventional treatment, yet was still alive two years after starting Advanced Homeopathy.

- A 35-year-old man had a malignant nasal polyp so large that it completely filled the left nostril. Initially, he had the polyp surgically removed, but it kept growing back. But since 2007 he has not had any surgery but, instead, has relied exclusively on Advanced Homeopathy, and the tumour has not returned.
- A 14-year-old boy had an advanced glioma so severe that it was pushing against the eyeball. His only treatment was Advanced Homeopathy and within a year, says the Centre, all of his symptoms had disappeared; the boy had gone from a comatose state to running around and playing.
- A 24-year-old man had a brain tumour that had spread to his spinal cord and could not be treated conventionally because of the risk of permanent paralysis. After treatment with Advanced Homeopathy and according to MRI scans, the tumour stopped growing and the patient was able to carry on with his life completely free of symptoms.

French
researchers tested
*Lycopodium
clavatum* on
cervical cancer
cells in test tubes;
the remedy killed
the cancer cells
while leaving the
healthy cells alone

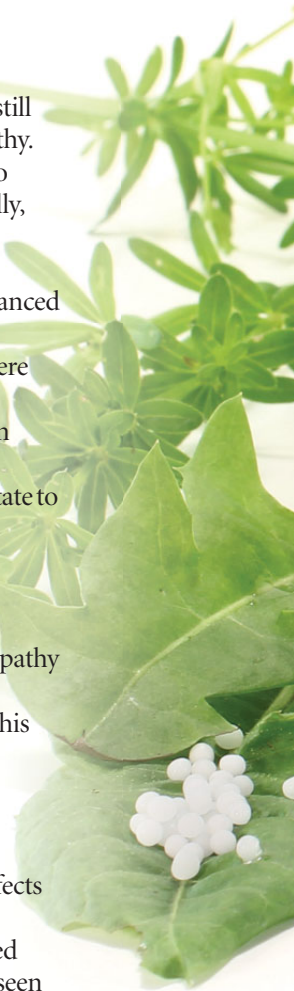
Other research

Outside of India, research into the effects of homeopathy on cancer is very limited mostly because it's seen as being no better than a placebo and so is an unethical treatment. Because of this, most studies in the West have reviewed homeopathy as a palliative therapy to help patients cope with the rigours of chemo/radiotherapy.

However, some French researchers have followed the Americans in assessing the effectiveness of homeopathic remedies

as a cancer treatment. The Boiron Laboratory has tested highly-diluted remedies of *Lycopodium clavatum* on cervical cancer cells in test tubes. As the Americans discovered, the remedy killed the cancer cells while leaving alone the surrounding healthy cells. Perhaps homeopathy could be used as a supportive therapy alongside chemotherapy or radiotherapy, say the researchers.³

Perhaps, agrees Dr Alexander Tournier, executive director of the London-based Homeopathy Research Institute, but perhaps not just yet. "This study is very significant, performed by a well-trained team with access to modern molecular biology techniques," he says. "The fact that homeopathic medicines were





Homeopathy and the NHS

The UK's National Health Service (NHS) spends around £160 billion (\$256 billion) a year and £4 million (\$6.4 million) of it on homeopathy, mainly by funding the UK's four homeopathic hospitals.

Even though the expenditure is negligible, some doctors continue to call for its complete abolition in the NHS. Groups of doctors have pressed primary care trusts (PCTs) to stop offering homeopathy to local patients, while the British Medical Association (BMA)—the doctors' trade union—has called on the UK government to ban it outright.

The BMA meeting—where one doctor described homeopathy as “nonsense on stilts”—also called on the government to place all homeopathic remedies in pharmacies under a special ‘Placebo’ section.¹

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shown to be effective at selectively killing cancer cells warrants further research, and offers the possibility that homeopathy could be useful for a wide variety of cancer patients in the future.”

However, he warns cancer patients not to ditch their conventional treatments in favour of homeopathy just yet. “*Lycopodium* is already available to the general public, and it would be very easy to purchase from a homeopathic pharmacy. However, I would not recommend taking *Lycopodium* for cancer, even for cervical cancer. This study does not provide evidence that the homeopathic remedy will be effective in cancer patients. More research is required before such a homeopathic medicine can be used routinely in cancer treatment.”

Classical homeopaths—who follow the principles of ‘whole person’ treatment—are also hesitant about the work being carried out in India and the research by the Americans and French. To them, the model follows too closely to the conventional approach of one remedy for one disease. Instead, they view cancer, and any chronic disease come to that, as part of a much broader health crisis that needs to be treated holistically.

The black hole

The World Health Organization (WHO) has recently joined the chorus in the West that maintains that homeopathy is nothing more than a placebo effect. Responding to a Voice of Young Science (VoYS)

network campaign calling for a ban on the promotion of homeopathy in the developing countries, the WHO stated that homeopathy is not a cure for the human immunodeficiency virus (HIV), tuberculosis or malaria.

Welcoming the WHO statement, Dr Robert Hagan, a member of the VoYS network, commented: “We need governments around the world to recognize the dangers of promoting homeopathy for life-threatening illnesses”².

Yet homeopathy is doing just that in India. In that culture, homeopathy is accepted as a genuine medical therapy and is governed by laws that ensure that homeopaths are properly trained and registered.

It is perplexing why good medical studies—which are supported by the US government and leading American academics—are not being recognized, let alone discussed, in the West.

Surely cancer is so serious a threat that every avenue needs to be explored with an open mind and not left to the drug and academic cabals. Conventional medicine does not offer any genuinely effective solutions and yet continues to block anything that might, especially something as “impossible” and “nonsensical” to their science as homeopathy.

Bryan Hubbard

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How might homeopathy work?

New research suggests that water may be an information 'superhighway' and a tape recorder of molecular signalling

Many scientists debunk the idea of homeopathy because it doesn't seem to conform to the natural laws of science. If solutions with active substances are diluted to the point where there's virtually none of the original substance left, as they are with homeopathy, the only way such a medicine could work, so the argument goes, is if there's both a special quality to water and an ability by molecules to leave behind essential 'information' as a 'memory'. Now, increasingly, scientists believe that both these requirements may be true.

In all aspects of life, molecules must speak to each other. When you're excited, your adrenals pump out more adrenaline, which tells specific receptors to get your heart beating faster. The usual theory—called the Quantitative Structure–Activity Relationship (QSAR)—is that two molecules that match each other structurally exchange specific (chemical) information, an energy transfer that happens when they bump into each other. It's rather like a key finding its own keyhole (which is why this theory is often also called the key–keyhole or lock-and-key interaction model).

Biologists still adhere to the mechanistic notions of Descartes that there can only be reaction through contact involving some sort of impulsive force. Although they accept gravity, they reject any other notions of action at a distance. If these contacts are due to chance, there's very little statistical hope of their happening, considering the universe of the cell.

In the average cell, which contains one molecule of protein for every 10,000

molecules of water, the proteins jostle around in the cell like a handful of tennis balls floating about in a swimming pool. The central problem with the current theory is that it's too dependent upon chance and also requires a good deal of time waiting for that collision to occur.

It can't begin to account for the speed of biological processes triggered by anger, joy, sadness or fear. The late French biologist Jacques Benveniste carried out countless studies decisively demonstrating that cells don't rely on the happenstance of collision, but on electromagnetic wave signalling at low frequencies (less than 20 kHz). The electromagnetic frequencies that Benveniste studied correspond to the audio range, even though they don't emit noise that we can detect.

According to Benveniste's theory, two molecules can be attuned to each other even over long distances and so resonate at the same frequency. These two resonating molecules then create another frequency

Benveniste's contribution was to show that molecules and atoms have their own unique frequencies by using modern technology to record those frequencies and then using the recordings to accomplish cellular communication

that, in turn, resonates with the next molecule or group of molecules in the next stage of the biological reaction. This would explain, in Benveniste's view, why tiny changes in a molecule—the switching of a peptide, say—can have a radical effect on what that molecule actually does.

This idea is not so farfetched considering what we already know about how molecules vibrate. Both specific molecules and intermolecular bonds emit specific frequencies, which can be detected billions of light years away by the most sensitive of modern telescopes. Yet, although such frequencies have long been accepted by physicists, few have paused to consider whether they actually have some purpose.

Although other scientists have conducted extensive experimentation on electromagnetic frequencies in living things, Benveniste's contribution was to show that molecules and atoms have their own unique frequencies by using modern technology to record those frequencies and then using the recordings to accomplish cellular communication.

In extensive tests carried out in the early 1990s, Benveniste demonstrated that he could transfer specific molecular signals simply by using an amplifier and electromagnetic coils. Over thousands of experiments, Benveniste recorded the activity of the molecule on a computer and replayed the recording to a biological system sensitive to that molecule. In every instance the biological system was fooled into thinking it was interacting with the molecule itself and acted accordingly, initiating a biological chain reaction just as it would have in the presence of the actual molecule.¹

Despite the virtually universal derision of Jacques Benveniste's results by the scientific and medical Establishment, reputable research slowly began to appear elsewhere. In 1992, the Federation of American Societies for Experimental Biology (FASEB) held a symposium, organized by the International Society for Bioelectricity, to examine the interactions of electromagnetic fields in biological systems.² Numerous other scientists have also replicated the high-dilution experiments,³ while others have endorsed and successfully repeated tests using digitized information for molecular communication.² Professor Madelene Ennis of Queen's University in Belfast joined a large pan-European research team with hopes of showing, once and for all, that homeopathy and water memory were utter nonsense. Her

consortium of four independent laboratories in Italy, France, Belgium and Holland, led by Professor M. Roberfroid of the Catholic University of Louvain in Brussels, carried out a variation of Benveniste's original experiments. The experiment was impeccable. None of the researchers knew which was the homeopathic solution and which was pure water. All the solutions had even been prepared by labs that had nothing further to do with the trial. The results were coded, decoded and tabulated by an independent researcher who also had no connection to the study. In the end, three of the four labs found statistically significant results with the homeopathic preparations.

Professor Ennis still didn't believe these results and put them down to human error. To eliminate the possible vagaries of humans, she applied an automated counting protocol to the figures she had. Yet even the automated results arrived at the same conclusion.

High dilutions of the active ingredient worked regardless of whether the active ingredient was actually present or the water was so diluted that none of the original substance apparently remained. Ennis was forced to concede: "The results compel me to suspend my disbelief and to start searching for rational explanations for our findings."¹²

The mystery of water

What is the role of water in all this? Water is among the most mysterious of substances because it's a compound made up of two gases (hydrogen and oxygen), yet is liquid at normal temperatures and pressures. Two Italian physicists at the Milan National Institute of Nuclear Research, the late Giuliano Preparata and his colleague Emilio Del Giudice, demonstrated mathematically that, when closely packed together, atoms and molecules exhibit collective behaviours and form what they termed 'coherent domains'. They were particularly interested in this phenomenon as observed in water, and published a paper demonstrating that water molecules create coherent domains much as a laser does.¹³

Light is normally composed of photons of many different wavelengths, like colours in a rainbow, but photons in a laser have a high degree of 'coherence', rather like a giant single wave of just one intense colour.

As Del Giudice and Preparata theorized, and other scientists went on to investigate, single wavelengths of water molecules appear to become 'informed' in the presence of other molecules—that is, they tend to polarize

Benveniste's radical ideas are being vindicated by the work of French scientist and Nobel Laureate Luc Montagnier, who concluded that 'High dilutions of something are not nothing. They are water structures which mimic the original molecules'

around any charged molecule—storing and carrying its frequency so it can be read at a distance.¹⁴ This suggests that water can act like a tape recorder, retaining and carrying information whether the original molecule is still there or not.

So vital may water be to the transmission of energy and information that Benveniste's own studies actually demonstrated that molecular signals cannot be transmitted in the body unless it's done through the medium of water,¹⁵ and rigorous shaking (succussion) of the containers, as done in homeopathy, may serve to speed up the process. In Japan, physicist Kunio Yasue of the Research Institute for Informatics and Science, Notre Dame Seishin University in Okayama, Japan, also found that water molecules have the ability to organize discordant energy into coherent photons—a process known as 'superradiance'.¹⁶

Benveniste found that water seems to 'memorize' the unique signature frequencies of molecules. In his studies, when water was exposed to a chemical, then diluted to the point that none of the original molecules remain, the water sample could still be used in place of the chemical to trigger a reaction.

In one study, Benveniste took a test tube of blood plasma and added water exposed to the 'sound' of heparin—an anticoagulant drug that prevents blood from clotting—transmitted via its digitized signature electromagnetic frequency.

This signature frequency worked as though the molecules of heparin itself were there: in its presence, blood was more reluctant than usual to coagulate.

This means that water, as the natural medium of all cells, may be acting as the essential carrier of a molecule's signature frequency in all biological processes, and that

water molecules organize themselves into a pattern on which wave information can be imprinted. Water appears to not only send the signal, but also amplify it.

More recently, another group of Italian scientists, including Claudio Cardella of the Sapienza University of Rome and Laura de Magistris of the Second University of Naples, carried out three years of research that confirmed Preparata's and Del Giudice's findings that certain electronic resonance signals can create permanent changes in the physicochemical properties of water.¹⁷

Benveniste's radical ideas are also being vindicated by the work of French scientist and Nobel Laureate Luc Montagnier, co-discoverer of the human immunodeficiency virus (HIV), who has carried out experiments showing that some bacterial and viral DNA sequences can induce low-frequency electromagnetic waves at high aqueous dilutions.¹⁸ In one dramatic experiment he showed that a virtually identical copy of a DNA fragment in one test tube could be "teleported" via electromagnetic signals to a second test tube containing nothing but pure water.¹⁹ As Montagnier concluded, "High dilutions of something are not nothing. They are water structures which mimic the original molecules."

Montagnier has accepted a position at Jiaotong University in Shanghai, China, at a new institute bearing his name to carry out further research into the phenomenon of electromagnetic waves produced by DNA in water.

If he and his colleagues are correct, the fact that water can serve as an information highway for all living things is extraordinarily significant when you consider that water is the basic component of the planet (70 per cent of which is water) and, indeed, the basic substrate of life.

Water comprises approximately 70–80 per cent of animals and 90 per cent of plants.

Lynne McTaggart

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THE MEDICAL DETECTIVE



Easing into the change

You can avoid the risks of HRT and ease all the bugbears of menopause with this ancient remedy, says Harald Gaier

Q I am a very fit 49-year-old, but I think I've started my menopause, which is a real game-changer! Although I still get my periods (somewhat erratically), I now get sudden hot sweats and my skin flushes and turns quite puce. That can happen at any time, but it seems to be more frequent at night. I've also become weepy—I burst into tears at the silliest things, which I never used to do. I've also developed odd joint pains that come and go.

On top of it all, I have become forgetful and sometimes downright confused. When I'm driving I suddenly don't know why I'm going to wherever I'm heading or, worse yet, I've simply forgotten where I'm supposed to go! My eyes, my mouth and my vagina also seem to have become dry recently, which affects my blinking, my speech—because my tongue sticks—and makes intercourse unacceptably painful. I don't want to go on HRT because I'm aware of the increased risk of breast and ovarian cancer. Is this going to get worse when my periods finally stop? What's the best natural way out of my dilemma?

Hazel, Romsey, Hants

A It definitely sounds like you're starting the menopause, Hazel. For most women, going through the 'change' is no fun at all, but there is a simple solution in natural medicine that can ease you through the transition.

Every now and again plants in common domestic use prove to have some genuine medicinal qualities as well. This is true of rhubarb (*Rheum raphaniticum*). Research has shown that the roots (and only the roots) of this common plant contain biochemical substances (in particular, rhaponticin) that, while not being plant hormones, nonetheless resemble human female hormones enough to engage with oestrogenic receptors and so re-trigger your own oestrogen production, which went into 'retirement' with the onset

of menopause. For centuries, parts of this and other common plants (hops, for instance, found in beer) have been used traditionally and effectively to treat various kinds of female complaints.^[1]

Apart from *Humulus lupulus* (the common hop), over the 40 years of my practice I've compared the effects of a number of popular natural menopausal herbal remedies with rhubarb root. Those remedies have included blue cohosh (*Caulophyllum thalictroides*), dong quai (*Angelica sinensis*), red clover (*Trifolium pratense*), evening primrose (*Oenothera biennis*), black snakeroot (*Cimicifuga racemosa*) and wild spikenard (*Asarum europaeum*), all of which have published studies testifying to their effectiveness. But every single time, I have found rhubarb root to be more reliable and more effective when it came to menopausal distress like yours.

Rheum raphaniticum is the locally grown rhubarb with fleshy stems that can be stewed like fruit; it originated in Asia and came to Europe via the Ottoman Empire (now Turkey). Historically, a powder was made from its root-like stem,^[2] and given to women starting menopause to take over a long period of time.

As it happens, surprisingly high amounts of calcium are found in rhubarb.^[3] When combined with regular vitamin D2 (calciferol) intakes, it can help to protect against osteoporosis, which so often affects postmenopausal women.

As a bonus, it's also a great tonic for the stomach and restores a healthy appetite to those who no longer feel like eating.^[4] Its slow, gentle action in increasing peristalsis makes it useful for those who suffer from haemorrhoids^[5] and, in China, it has even sometimes been used to treat high fever.^[6]

Other vegetables and herbs that contain smaller amounts of substances similar to human oestrogen include anise, celery,

fennel, ginseng, alfalfa, red clover, lucerne and liquorice.^[7]

It has been noted, though, that although women take hormones to ease menopausal symptoms, "both synthetic and natural oestrogens may pose significant health risks, including the risk of cancer, gallbladder disease and thromboembolic diseases (stroke, heart attacks and so on)".^[8] Happily, rhubarb has not been associated with these side-effects.^[9]

As well as being a substantial source of calcium, rhubarb root also contains zinc and magnesium in reasonable amounts, along with vitamins B6 and B3 (niacin),^[10] all known to be involved in women's hormonal health. Niacin is essential for the synthesis of female oestrogen, while magnesium deficiency contributes to premenstrual tension syndromes and vitamin B affects your neurotransmitters.

What's more, interactions between vitamin B6 and oestrogen receptors have long been confirmed by experimental studies. Zinc is known to help restore regularity to erratic menses.^[11]

It's also been established that when administered at medium-sized doses, rhaponticin promotes the release of luteinizing hormone releasing factor (LH-RF) in your brain's hypothalamus, leading to an increased production of luteinizing hormone (LH), which stimulates ovulation, in the pituitary gland. Yet in the gland itself, such an outpouring of LH is slowed by such 'medium' doses of rhaponticin and, as a direct consequence of this, the LH reservoirs in the pituitary become filled to the brim.

In contrast, very low doses of rhaponticin don't impede the gland's outpouring of LH. This means that these small doses can instead maintain a healthy balance between central nervous stimulation (via your hypothalamus in the brain) and the release of LH from the pituitary (or hypophysis).

German gynaecologist Manfred Mettenleiter studied the adverse effects of stopping oral contraception after years of taking it and discovered that women who'd had period problems or premenstrual tension before taking the Pill and those who'd been symptom-free all experienced problems. Mettenleiter sorted out these complaints by introducing a 'medium' dose of 4 mg of rhubarb root daily for a week before a woman's period started, and these problems were generally allayed.^[12]

In one review, German doctor Gerhard Gerster found that rhubarb root is an all-purpose female hormonal treatment:^[13]

- it corrects the loss of periods in cases of established oestrogen deficiency
- it significantly eases the painful periods associated with a uterus with an underdeveloped inner lining (endometrium)
- it inhibits the production of breast milk following stillbirth
- it is an ideal first-line treatment for endometrial inflammation caused by oestrogen deficiency
- it mitigates again oestrogen withdrawal symptoms after a full hysterectomy
- it alleviates all symptoms of the menopause.

In my view, rhubarb root offers all the benefits of conventional HRT without the well-known side-effects.^[14] Those joint pains of yours, another sign of oestrogen deficiency, should also respond well.

The rhubarb root preparation I like to use—a popular remedy called Phytoestrol N, made by the Müller Göppingen pharmaceutical company in Baden-Württemberg, Germany—has been used since the 1950s. This standardized combination of 4 mg of rhubarb root and 90 mg of hops has had more than half a century to reveal its effects in those who have taken it—all with no evident ill effects.

Ask your naturopath or medical herbalist to prescribe Phytoestrol N for you. But remember that you'll need monitoring, as you are still having your periods and there may be various other features in your condition that require careful tweaking of the dosage.

Harald Gaier, one of the UK's leading experts on alternative medicine and a registered naturopath, osteopath, homeopath and herbalist, practises at The Allergy and Nutrition Clinic, 22 Harley Street, London. Visit his website at www.drgaier.com. If you have a question for our Medical Detective, write to us at the usual address or email letters@wddty.co.uk.

As well as being a substantial source of calcium, rhubarb root also contains zinc and magnesium along with vitamins B6 and B3, all known to be involved in women's hormonal health

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Well polished

Polish up your act with nail varnish that's safer but still stays put

With names like Peach Smoothie and Caramel Cupcake, some nail polish shades are enough to make your mouth water. But there are some extremely unsavoury ingredients lurking in most bottles of nail polish, including known cancer-causing chemicals and those toxic to the nervous system.

The top three chemicals of concern are toluene, dibutyl phthalate (DBP) and formaldehyde—the so-called 'toxic trio'. DBP is now banned from cosmetics in the EU, but the other two are still allowed. Both have been given the maximum hazard score of 10 by consumer watchdog Environmental Working Group's 'Skin Deep', an online cosmetics database containing safety assessments of thousands of products and ingredients.

Toluene, a solvent and paint thinner, is a potent neurotoxicant (toxic to the nervous system) that acts as an irritant, impairs breathing and causes nausea, according to EWG. It's especially hazardous if you're pregnant, as breathing in toluene vapours can harm your unborn baby.

Formaldehyde, on the other hand, is commonly found in nail-hardening formulas and is a known allergen classified as 'carcinogenic to humans' by the International Agency for Research on Cancer (IARC).¹

Fortunately, a number of beauty brands, including some mainstream ones, are now phasing out these chemicals, and some are proudly '3-free' already. A few have even gone '4-free' or '5-free' by also excluding formaldehyde resins from their formulas and/or camphor, a strong-smelling plasticizer that can be an irritant in large amounts.

But there are many other chemicals of concern in those pretty little bottles, so 3-, 4- or 5-free still doesn't necessarily mean safe. We've picked out three 5-free nail polishes that are free of the 'three Ps' too—other toxic chemicals to watch out for (see box, page 85). But they're still solvent-based nail polishes, so we're not talking about natural alternatives here.

In fact, as far as we're aware, a completely natural nail polish is impossible to find; synthetics are unavoidable for making polish that sticks to your nails and stays there. The most natural you can get is a water-based polish from companies like Suncoat or Scotch Naturals (included in our selection here), as they contain mostly water instead of strong-smelling solvents, along with synthetic film-formers and usually natural colourants. These formulas may take a bit of getting used to, but they prove you can have pretty nails minus the toxic chemicals.

Nice nails

Beauty Without Cruelty

Attitude Nail Colour in Rose Quartz
£7.99 (10 mL)

www.bwcv.com

All products by British company Beauty Without Cruelty are 100 per cent vegan and cruelty-free, so you won't find any animal products in them and they're not tested on animals. BWC's nail polish range is acetate (solvent)-based, but totally free of toluene, formaldehyde and phthalates, and there's no added fragrance or preservatives. This colour is one of 16 high-gloss shades in the Attitude range, which gets a low hazard score of 2 on EWG's Skin Deep cosmetics database.



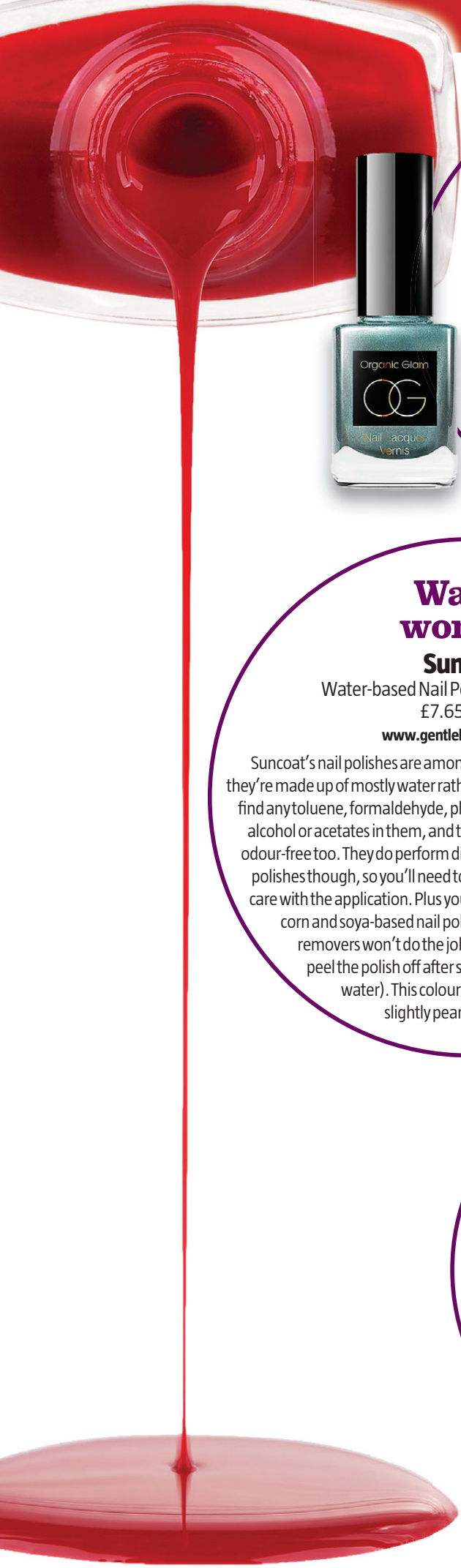
Red revolution

Zoya

Nail Polish in Carmen
£9.25 (14 mL)

www.hennaherbals.co.uk

High-quality spa brand Zoya has a nail polish collection to rival many mainstream brands with a huge range of colours and finishes. The range is also fast-drying and long-wearing, despite being 5-free—no toluene, formaldehyde, formaldehyde resins, DBP (and other phthalates) and camphor—and is vegan and cruelty-free to boot. The nail polishes are all acetate-based, but the ingredients all get low hazard scores (2 or lower) on EWG's Skin Deep database.



Go green

The Organic Pharmacy

Organic Glam Nail Polish in Emerald City
£10 (11 mL)

www.organicglam.com

The Organic Pharmacy's offering is another acetate-based 5-free formula that steers clear of parabens and added fragrance too. The range has an impressive array of vibrant brights and muted nudes, all of which are quick-drying and chip-resistant with an intense, high-gloss finish. This shimmery emerald green colour is part of the new All That Glitters collection inspired by *The Wizard of Oz*.

Water wonder

Suncoat

Water-based Nail Polish in Desert Sunset
£7.65 (8 mL)

www.gentlebodycare.co.uk

Suncoat's nail polishes are among the most natural you can get, as they're made up of mostly water rather than chemical solvents. You won't find any toluene, formaldehyde, phthalates, parabens, fragrance, alcohol or acetates in them, and they're non-flammable and odour-free too. They do perform differently from conventional polishes though, so you'll need to take a bit of extra time and care with the application. Plus you'll have to invest in Suncoat's corn and soya-based nail polish remover, as traditional removers won't do the job (although you can simply peel the polish off after soaking your nails in warm water). This colour's a dusky pink with a slightly pearlescent finish.



Peachy clean

Scotch Naturals

WaterColours Nail Polish in Highland Fling
£13.50 (10 mL)

www.naturisimo.com

Scotch Naturals makes water-based nail polish in a great range of shades (43 in total), including this vibrant coral cream colour. They're all free of the top five nail polish nasties as well as acetates, acetone and heavy metals, and they do a non-toxic nail polish remover too. As with Suncoat's formula, you'll need to be a bit more careful with the application, but you can still get a smooth, glossy finish.



Nail polish nasties

Besides the 'toxic trio', look for products free of these three Ps.

Phthalates. The use of dibutyl phthalate (DBP) and other hormone-disrupting phthalates in cosmetics is banned in the EU, but one that's still permitted is diethyl phthalate (DEP), used as a solvent, fragrance 'fixer' and alcohol denaturant (making the alcohol in products unfit to drink). It's been linked to sperm DNA damage and premature breast development in young girls.²
Parfum. Finding this on the ingredients list could signal a cocktail of toxic fragrance chemicals, including DEP (see above).

Parabens. These pervasive preservatives are implicated in a host of health effects, including hormone disruption and cancer.³

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- 3 Skin Therapy Lett, 2013; 18: 5–7

Bottom line

Try one of these safer, eco-friendly alternatives to conventional disposable nappies

Babies go through thousands of nappies before they're potty-trained, but many parents are in the dark about what they're wrapping round their baby's bottom up to 10 times a day.

Conventional disposable nappies do their job well and are easy to use, but it's a long list of chemicals that enable them to wick away wetness, control odours, look nice and be comfortable to wear—and there's not much research on the long-term health effects of this type of chemical exposure.

What we do know is that the dyes, fragrances, lotions and superabsorbent chemicals in nappies have the potential to cause allergic reactions such as skin rashes in babies. One study reported seven cases of 'diaper dye dermatitis' and flagged up other irritating chemicals found in the rubber and glue used in nappies.¹ Even more worrying is the reported presence of dioxins, volatile organic compounds and tributyltin in nappies, all of which are associated with serious health effects (see box, page 87).

These health concerns coupled with the massive environmental impact of disposable nappies have led a number of companies to develop so-called eco-disposables—nappies with all the convenience of regular disposables but made with fewer chemicals and according to environmentally friendly principles. The three brands we've included here (Moltex, Bambo Nature and Naty by Nature Baby Care) are all chlorine- and fragrance-free and produced using renewable, biodegradable materials where possible. They still contribute to landfill, though, and are still mostly synthetic.

If you want a more natural option and one that's kinder to baby and the planet, go for a reusable nappy made of a natural fibre like cotton or bamboo (such as the Littlelamb and bumGenius offerings here). These rely on the natural absorbency of the fibres rather than chemicals to draw moisture from the skin, and you won't find any added fragrances or lotions. Just remember to use a gentle, non-toxic detergent to wash them.

Reusable nappies cost more initially as you'll need to invest in several nappies to keep you going, a lidded nappy bin and, unless you get an all-in-one nappy, various parts to make up your 'nappy system', such as a liner to catch solids (so they can be flushed down the toilet) a 'wrap' to make the nappy waterproof and a 'booster' to increase absorbency (check out www.thenappylady.co.uk for lots of useful advice on what you'll need to make the switch). But you'll save a fortune in the long run.

And if you're still not sure whether to go for eco-disposables or reusables, why not try a combination of the two to create a nappy system that works for you?

Top seller

Littlelamb

Bamboo Nappy (reusable), £9
www.littlelambnappies.com

According to family-run UK company Littlelamb, their Bamboo Nappy is the world's bestselling washable nappy. It's made from absorbent Oeko Tex 100-certified bamboo fibre (as close to organic as bamboo can get), which is knitted onto a fine polyester mesh base to stop shrinkage. It's available in three sizes with Velcro tabs and elasticated seams to ensure a good fit. Each nappy comes with a 'bamboo booster' to increase absorbency, and a washable fleecy liner to wick away moisture and catch solids. You'll need to buy a 'wrap' separately, though, to stop baby's clothes getting wet. One downside of the nappy is it can be slow to dry. If this is an issue, try Littlelamb's Cotton or Microfibre reusable nappies instead.



Super slim

bumGenius

Elemental Organic Cotton Nappy (reusable), £17.95
www.babipur.co.uk

This nappy from US company bumGenius is an all-in-one size-adjustable nappy featuring an absorbent 100 per cent organic cotton core and waterproof outer layer. All the nappy parts are fixed together for you, so there's no stuffing or poppering (see below) needed. Stretchy tabs combined with snap fasteners ensure a snug fit, and the slim design and range of colours available make it a hit in the looks department. One criticism has been that it's slow-drying, but the new and improved 2013 design supposedly has a faster drying time.



Fast-drying Close Parent

New Generation Pop-in +Minkee reusable nappy, from £10.99
www.babipur.co.uk

The Pop-in is an all-in-one nappy system that comes complete with a 'soaker' and 'booster' popped together in a waterproof outer shell (so no need to buy a separate wrap). The clever design means you can take it apart for easy washing and drying, then simply pop the separate parts back into place. Plus it's a 'birth to potty' nappy, so the size can be adjusted as baby grows. Although it's 100 per cent synthetic (made from ultrasoft microfibre with a polyester outer shell), we've included it as it's fast-drying and simple to use, making it a convenient option. If you want something more natural, try the Pop-in +Bamboo, or consider using the Minkee with a natural nappy liner, which goes in between the nappy and baby's skin.



Chemically conscious

Bambo Nature

Disposable nappies, from £5.39

www.spiritofnature.co.uk

Bambo Nature nappies carry the Nordic Ecolabel, the official Scandinavian environmental label for eco-friendly products. They're health-friendly too, as they're made without perfumes, phthalates, lotions, deodorants, heavy metals, TBT, chlorine or any agents classified as allergens, irritants or carcinogenic (cancer-causing). What they do have is a practical, ultrathin design (including flexible side panels, resealable tabs and a wetness indicator) and a superabsorbent core (thanks to phthalate-free polymers) that draws wetness away from the skin.



Green brand

Moltex

Nature No.1 disposable nappies, from £5.39

www.spiritofnature.co.uk

Moltex Nature No.1 disposables are supposedly the world's first eco-nappy. Produced from 40–50 per cent renewable raw materials using environmentally friendly production techniques, these products were recently awarded the Green Brands seal of approval in Germany. Being chlorine-, latex- and fragrance-free, the nappies are also better for baby, with all the usual features you'd expect from a disposable, including an absorbent core and elasticated waistband. But bear in mind that they do contain superabsorbent gel, which seems to be unavoidable in disposables.



Allergy approved

Naty by Nature Babycare

Disposable nappies, from £3.99

www.biggreensmile.com

"Go green without giving up performance" is this Swedish brand's slogan, and if the long list of awards they've won is anything to go by, they seem to be living up to it. Made using natural materials whenever possible (such as GM-free cornstarch), these nappies are free of chlorine, fragrance and latex, and are recommended by the Swedish Asthma and Allergy Association. Like the other disposables in our selection, they do contain chemical superabsorbents, but Naty says the amount is less than that used by many leading brands. You can find them in Mothercare, Boots, Tesco and other high-street stores.



Chemicals of concern

Volatile organic compounds (VOCs). A 1999 study reported that some types of disposable nappies emit mixtures of chemicals that are toxic to the respiratory tract and could cause asthma.²

Dioxins. These form in the wood pulp used in nappies when it's bleached with chlorine (as is usually the case). Certain dioxins have been linked to cancer, diabetes and developmental delays. Although one study found that dioxin exposure via nappies is low, little is known about the long-term effects of this type of exposure.³

Tributyltin (TBT). This environmental pollutant—and potent hormone disruptor—was reportedly found in disposable nappies back in 2000.⁴

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Healthy Shopping

The Insider's Guide to Safer Living

What's new

The latest healthy choices for you and your home

Soothing skincare

Gamila Secret

Lavender Heaven Cleansing Bar, £22

www.houseoffraser.co.uk

In recognition of Psoriasis Awareness Week (1–7 November), here's a natural skin cleanser said to be suitable for sufferers of this chronic skin condition that causes dry, scaly skin. Handmade from 100 per cent natural and organic ingredients, including olive oil, shea butter and herbal extracts, this face and body cleansing bar is designed to restore and stimulate the skin's natural balance without causing irritation. Also available from Gamila Secret is a hand cream, foot balm and face oil.



Cotton comfort

Organyc

Organic Cotton Tampons, from £2.59

www.organyc.co.uk

The humble tampon celebrates its 82nd birthday this month, and it's come a long way since its early days. Organyc's Organic Cotton Tampons are among the latest additions to the tampon market, giving women a natural alternative to mainstream brands. Available with or without applicators in regular, super or super plus, these tampons are made from 100 per cent organic cotton, grown and manufactured without the use of pesticides or chlorine bleaching. They're hypoallergenic and biodegradable, but still offer the comfort and protection of conventional brands.



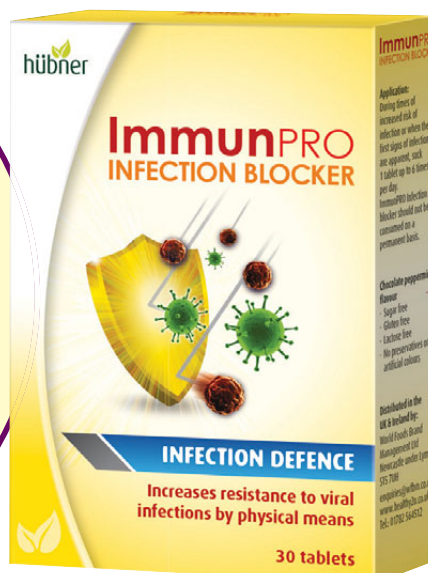
Suck it and see

Hübner Healthy Living

ImmunPRO Infection Blocker, £15.95

www.healthy2u.co.uk

Fend off colds and flu this winter with ImmunPRO Infection Blocker, a new product said to work by creating a physical barrier against viruses. The sugar-free lozenges contain *Cistus villosus* (rockrose), a herb rich in tannins that supposedly coat the mouth and throat to form a protective film that stops viruses from penetrating. Take at the first signs of a cold or when you're at an increased risk of infection.



Heavenly hair Weleda

Natural Hair Care, from £8.95

www.weleda.co.uk

Keep hair happy and healthy with Weleda's new all-natural hair care range, featuring wheat, oat and millet extracts. The products are free of all the usual nasties you find in shampoos and conditioners and instead contain gentle plant-based ingredients that won't weigh hair down or irritate the scalp. The divine-smelling Millet Nourishing Shampoo is great for normal hair, while the smoothing and strengthening Oat Replenishing line is suited to hair that's dry and damaged. There's also a Wheat Balancing Shampoo designed to reduce dandruff and a flaky scalp.



Sweet'n natural XyloBrit

Sugar-free natural sweetener, £3.29

www.forum-health.co.uk

There's a new sugar substitute on the block that's low-calorie, low-GI (glycaemic index), natural and good for your teeth. XyloBrit, made from 100 per cent pure xylitol (a carbohydrate) extracted from birch trees and other hardwoods, is said to look and taste just like sugar, but be better for your health. It's even showing promise for preventing tooth decay. Try it for yourself in drinks and desserts or for baking.



Tighten and brighten Green People

Age Defy+, from £10.99

www.greenpeople.co.uk

Natural and organic brand Green People has just launched Age Defy+, a new anti-ageing skin care collection designed to target wrinkles, age spots, dehydration and dullness. Containing cutting edge botanicals like sea holly stem cells, beech tree bud extract and baicalin, each with unique anti-ageing properties, the range features eight face and body care products including a 'Line Eraser' Lip & Eye Serum (£18.95) and a Contour & Sculpt Body Lotion (£34.95). Like all Green People products, the range is completely free of parabens, phthalates, sodium lauryl/laureth sulphate, lanolin, propylene glycol, alcohol, synthetic fragrances and petrochemicals.



KEY

mcg/ug: micrograms (1 million mcg = 1 gram)

mg: milligrams (1 thousand mg = 1 gram)

n/a: not available

RDA: Recommended Daily Allowance, the minimum amounts recommended by UK health authorities to prevent deficiencies

RDI: Recommended Daily Intake, the minimum amounts recommended by US health authorities to prevent deficiencies

SONA: Suggested Optimal Nutritional Allowance, developed by Dr Emanuel Cheraskin to maintain good health

deficient. Take a look at our chart to see the vitamins, minerals and acids that work together for a healthy body and mind. The chart also lists the amounts you need to be taking, the tell-tale signs of a deficiency, and their food sources.

Fat-soluble vitamins

VITAMIN	WHAT IT DOES	RDA	RDI	SONA	SYMPTOMS OF DEFICIENCY	DIETARY SOURCES	NOT MANY PEOPLE KNOW THIS
A (retinol)/beta-carotene	Regulates the immune system and helps protect against bacteria and viruses	800 mcg	900 mcg	3750 mcg	Measles, poor vision or night blindness, dry eyes	Retinol, a form of A, in liver and eggs. Also in carrots, sweet potatoes, spinach, broccoli, asparagus	Zinc helps you absorb A
D (calciferol)	Helps maintain levels of calcium and phosphorus in the blood	5 mcg	10 mcg	500 mcg	Rickets, bone pain, muscle weakness, cardiovascular disease, cancer, asthma	Sunshine, cod liver oil	Could help people with hearing loss
E (tocopherol)	In alpha-tocopherol form, a vital antioxidant that helps protect against several cancers, and may help protect against hay fever and asthma	12 mg	15 mg	60 mg	Loss of physical coordination, impaired immune system, retinopathy (acute eye damage)	Vegetable oils, nuts, green leafy vegetables	Make sure you take the natural form of alpha-tocopherol or tocotrienols
K	Helps blood clot. Also helps the healthy functioning of the kidney, aids bone growth and repair	75 mcg	80 mcg	n/a	Osteoporosis, heavy menstrual bleeding, gum bleeding, easy bruising	Dark green leafy vegetables, green tea, cheese	Take vitamin K if you're prescribed warfarin, the blood thinner

C (ascorbic acid)	The most important antioxidant, it's vital for healthy immune functioning. It protects against heart disease, and aids tissue growth and wound healing. It is good for stress, and at very high doses, given intravenously, it may fight cancer	80 mg	60 mg	750 mg	Spontaneous bleeding, dry scaly skin, bleeding gums, gum disease, frequent colds,persistent infections	Citrus fruits, berries, broccoli, brussels sprouts, cabbage, peppers	Adding a little vitamin C to your diet may help you live longer; it's that important
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VITAMIN	WHAT IT DOES	RDA	RDI	SONA	SYMPTOMS OF DEFICIENCY	DIETARY SOURCES	NOT MANY PEOPLE KNOW THIS
B1 (thiamine)	Improves circulation, digestion and brain function. An antioxidant that protects against the worst excesses of alcohol and smoking	1.1 mg	1.5 mg	12.5 mg	Sensory symptoms, shaky hands	Brown rice, egg yolks, fish, lean pork, milk, whole grains, nuts, broccoli, raisins	Becomes more important as you age
B2 (riboflavin)	Helps maintain healthy skin, nails and hair. Essential for production of red blood cells. May help ease migraine	1.4 mg	1.7 mg	12.5 mg	Sore tongue and lips, peeling or cracked lips, greasy red, scaly skin on face and side of nose	Organic meats, cheese, egg yolks, yoghurt, milk, poultry, leafy vegetables, broccoli	Works well with vitamin A to improve digestive system, and helps the body absorb B3, B6 and iron
B3 (niacin)	Regulates blood sugar levels, lowers cholesterol and improves circulation	16 mg	20 mg	50 mg	Sore and painful tongue	Organ meats, poultry, nuts, whole grains (not corn), fish, milk	People who are depressed, anxious or suffering from dementia are often low in B3
B6 (pyridoxine)	Good for morning sickness and nausea when pregnant. Keeps the immune and nervous systems healthy	1.4 mg	2 mg	12.5 mg	Inability to remember dreams, cervical dysplasia, carpal tunnel syndrome, dermatitis, sore tongue, depression	Cereals, beans, meat, fish, bananas, potatoes	Important if you're eating fewer calories
B12	Helps maintain healthy nerve cells and red blood cells	2.5 mcg	6 mcg	12.5 mcg	Premature greying hair, tingling and numbness in hands and feet, pernicious anaemia, fatigue, constipation, weight loss	Fish, milk, dairy, meat, tempeh, miso	Deficiency is rare, even in vegetarians. Most at risk are children and babies
Folic acid (B9)	Helps produce and maintain new cells, especially important during pregnancy and for infants	200 mcg	400 mcg	400 mcg	Painful sore tongue, gum disease, cervical dysplasia	Leafy greens such as spinach, dried beans and peas, cereals and grains	Best to supplement with B6, B12 and C
Biotin (B7)	It is essential for the utilization of fats and amino acids, and helps keep skin, nails and hair healthy	50 mcg	30 mcg	75 mcg	Hair loss, poor skin, bad nails	Cheese, organ meats, eggs, nuts, broccoli, sweet potatoes, oatmeal	Long-term use of antibiotics reduces levels of biotin

MINERALS

Calcium	Plays a vital role in growth of strong bones, gums and teeth. It also keeps your heart working healthily	800 mg	1000 mg	700 mg	Numbness in fingers, convulsions, arrhythmia (irregular heart beat), osteoporosis, easy fractures	Tofu, dark green, leafy vegetables, sardines, salmon, almonds	The average woman's diet is deficient in calcium
Phosphorus	An essential mineral needed by every cell in the body. Around 85 per cent used in bones	1250 mg	1000 mg	200 mg	No obvious symptoms	Meat, fish, dairy, pulses, beans, almonds, eggs	If your diet is rich in protein and calcium, you're probably eating enough phosphorus
Magnesium	Helps keep heart rhythm steady, maintains muscle and nerve functioning, and keeps bones strong	420 mg	400 mg	350 mg	Brittle nails, hyperactivity in children, tender calf muscles, PMS, persistent diarrhoea, shaky hands, high blood pressure, sensitivity to light	Green vegetables (especially spinach), nuts, seeds	You can't get your daily requirement from any one food

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VITAMIN	WHAT IT DOES	RDA	RDI	SONA	SYMPTOMS OF DEFICIENCY	DIETARY SOURCES	NOT MANY PEOPLE KNOW THIS
Potassium	Maintains healthy blood pressure levels	n/a	n/a	180 mg	Muscle pain, cramps, constipation, palpitations	Dried fruits, vegetables, nuts	High doses can cause hyperkalaemia, where the kidneys can't cope with the load
Zinc	Supports a healthy immune system, helps heal wounds, maintains your sense of taste and smell, and is needed for DNA synthesis	10 mg	15 mg	25 mg	Loss of taste or appetite, poor night vision, stretch marks, hyperactivity, poor healing, frequent colds, persistent infections	Oysters, red meat, beans, nuts, whole grains, dairy	In men, zinc levels are higher in the prostate than in any other part of the body
Iron	Essential for transporting oxygen around the body, usually through haemoglobin, the protein in red blood cells	14 mg	18 mg	15 mg	Pale tongue, hair loss, itchy skin, cold intolerance, brittle nails, restless legs, tires easily, little endurance	Meat, fish, lentils	High levels of iron may contribute to Parkinson's disease
Copper	Essential for healthy immune system functioning	900 ug	700 ug	n/a	No obvious symptoms	Organ meats, shellfish, nuts, seeds	Copper levels can rise dramatically in women on the Pill or taking HRT
Manganese	Important for wound healing	2.3 mg	2 mg	10 mg	Wounds that are slow to heal, bone loss	Whole grains, nuts, tea, leafy vegetables	It's nutritionally essential, and yet potentially toxic. Its name derives from Greek for 'magic'
Chromium	It seems to keep the heart and arteries healthy	40 mcg	120 mcg	100 mcg	Cataracts, sugar cravings, low blood sugar, blood-sugar swings	Meats, whole grains, bran, green beans, broccoli	Levels fall from the age of 40. People who die from coronary artery disease almost always have low levels
Selenium	Protects cells from free radical damage. Helps healthy immune system and thyroid gland functioning	55 mcg	70 mcg	50 mcg	Cancer or family history of cancer, cardiomyopathy (heart muscle disease)	Plant foods, Brazil nuts, walnuts	Gastrointestinal problems such as Crohn's prevent proper absorption of selenium
Iodine	Essential for healthy thyroid functioning	150 mcg	150 mcg	125 mcg	Thyroid swelling, hypothyroidism, goitre	Seafood, wakame seaweed	Iodine deficiency most common cause of preventable brain damage
ACIDS							
Non-essential fatty acids							
Coenzyme Q10	Converts nutrients into energy. Normalizes blood pressure, improves exercise tolerance, and increases general immunity	n/a	n/a	n/a	Poor heart function, lack of stamina	Sardines, mackerel, pork, walnuts, spinach	People with Lyme disease need up to 300 mg of CoQ10 daily
Essential fatty acids							
Omega-3 (fish oil, cod liver oil - EPA/ DHA)	Helps prevent heart and artery disease by keeping blood triglycerides in check	n/a	n/a	n/a	Inflammatory diseases such as Crohn's and rheumatoid arthritis	Oily fish, cod liver oil	Helps balance omega-6 intake from vegetable oils. Imbalance linked to inflammation and even schizophrenia
Omega-6 (evening primrose oil - GLA)	Converts to prostaglandin E1, which has anti-inflammatory qualities, and may help thin the blood and dilate blood vessels	n/a	n/a	n/a	Rheumatoid arthritis, raised cholesterol, itchy skin, eczema, PMS	Polyunsaturated fats, usually from vegetable oils	It's reckoned you should take two units of omega-3 for every one of omega-6

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Addicted by prescription

After the death of her son, Joan Gadsby was prescribed tranquillizers—and she stayed on them for 24 years until they almost killed her. Today, she is a leading campaigner against their dangerous use

When Joan Gadsby's four-year-old son died of a brain tumour, the family doctor put her on a cocktail of drugs, including tranquillizers, sleeping pills and antidepressants, to help her deal with her grief.

But Joan stayed on her 'little helpers' for more than 20 years as she became addicted to the drugs, especially the mood-altering benzodiazepines. During those years and in the three years of hell—as she describes it—she spent coming off them, she lost everything: her job, her financial security, her family and her health.

Her 'addiction to prescription' came to an end only after she was found unconscious on her dining room floor, having accidentally taken an overdose.

None of this seemed possible just a few years earlier. Having graduated from McMaster University in Canada, she had started a successful and lucrative career in marketing. She and her husband, a journalist, moved to a new home, where they raised their three children.

But on Christmas Day 1966, tragedy struck when their son, Derek, died of a brain tumour. By the following summer, Joan was

being prescribed two different tranquillizers, one as a sleeping pill and the other to keep her calm and sedated during the day. During her 24 years of drug addiction, Joan was prescribed five different benzodiazepines—Librium, Serax, Dalmane, Restoril and Ativan—as well as the antipsychotic Stelazine and Valium, a tranquillizer that has since been taken off the market.

"I was an intelligent woman and had no idea about the long-term effects of these prescription drugs. I just didn't have a clue. I trusted the doctor. I certainly never understood that they would impede my mental, emotional and physical abilities in any way."

The drugs suppressed her emotions and she was on automatic pilot for two decades. "My dealing with Derek's death didn't happen until I was off the pills. Only then could I cry."

The crisis finally happened one night when emergency crews found her unconscious and not breathing. She had had a family upset, and remembered reaching for some pills that she washed down with a beer before passing out.

That was the last time she took the drugs. She went to see the family doctor and asked him why she had been put on so many mood-altering drugs—and for so long. "He simply refused to help. There's a lack of expertise and medical knowledge among doctors who should know about the effects of these drugs and how to help people get off them. The bottom line is I never needed the stuff."

She turned to a more experienced physician in her home city of Vancouver, who explained that she had become

chemically dependent on the drugs. Getting off the drugs was a tougher experience than being on them. Over the three years it took to become clear of her addiction, Joan lost 25 pounds in weight, slept around one hour some nights, and suffered from hallucinations, anxiety and paranoia. And for the first time in her life, she was unable to work and was forced to give up her position as a marketing manager and her annual salary of Canadian \$115,000 (UK£69,000 or US\$111,100).

She also suffered memory impairment—a typical effect of long-term benzodiazepine use—and had to go through 18 months of 'cognitive retraining' to regain the use of her memory.

Joan estimates that her addiction to drugs and subsequent withdrawal cost her around C\$2.4 million (£1.45 million or US\$2.32 million) in lost earnings and assets.

Today Joan is an advocate, campaigner and researcher who is determined to caution others of the potential dangers of benzodiazepines. She has written a searing book, *Addiction by Prescription* (Key Porter Books, 2011), about her experiences on the drugs, and is a health promoter and consultant to corporations, governments and healthcare groups. She now lives the life she advocates: she eats healthily, jogs most days, and maintains a support network of friends and family.

She has been awarded an honorary doctorate for her work on raising awareness of the overuse of tranquillizers, while a feature film about Joan's addiction and subsequent withdrawal is in the development stage.

Today, Joan is a grandmother twice over and her sole surviving child, Carrie, lives close by. Her other daughter died in 1999, 33 years after Derek's death, from breast cancer.

In recent years, Joan has created her own property company, Seaview Villa Estates, to build 31 villas on Canada's Sunshine Coast in British Columbia.

Her desire to make people aware of benzodiazepine addiction remains strong. But with the apathy and ignorance of doctors and the push of drug companies to add to their bottom line, she feels the best hope rests with the patient. Joan was never told the truth about the drugs—but she hopes others will get to hear it and choose another path.

You can buy Joan's book, *Addiction by Prescription*, and accompanying video from her website www.addictionbyprescription.com.

"Doctors should know about the effects of these drugs and how to help people get off them.

The bottom line is: I never needed the stuff"

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