



The New Zealand Journal of

# NATURAL MEDICINE

Issue 14: August - November 2014

Price: \$NZ9.90 \$A8.95 £4.99 €6

## Why antibiotics are making us all sick

Longevity secrets of a 122 year old woman

Boosting your libido with nutrients and herbs

Menopause made easy

The contribution of vaccines to the obesity epidemic

The mother of all antioxidants

Fasting as a way of boosting the immune system

Autism breakthrough

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### ALLISON ROE

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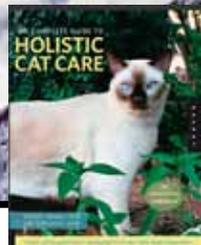
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# The NZ Journal of Natural Medicine

ISSN 2324-1551 (Print)  
ISSN 2324-156X (Online)

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## Introduction:

Recently, I learned first hand what can happen when a dental abscess is not dealt with promptly – it can easily affect the heart; in my case it did.

A serious infestation of toxic bacteria that once released into the bloodstream led to a vascular spasm "heart attack". (See: "HEALTH NEWS ALERTS" in this issue for more information about this.)

Fortunately I was able to get the right treatment, which included high dose vitamin C, ozone, Hawthorne, CoQ 10, Motherwort, zinc and magnesium, and I staved off something that might well have been more serious.

I am grateful to some of our advertisers (some of whom are also writers for this Journal), who were there for me when I needed them; their businesses are much more than mere "businesses".

This Journal, as many people have come to appreciate, is here to bring vital, often life saving information to our readers. I was able to use that information for myself. Again.

Almost anything that "goes wrong" in the body can be healed, as I have learned again and again, if the body is given the right equipment, especially nutritionally.

My heart is once again strong and healthy, a fact attested to by a very competent cardiologist as well as by how I'm feeling.

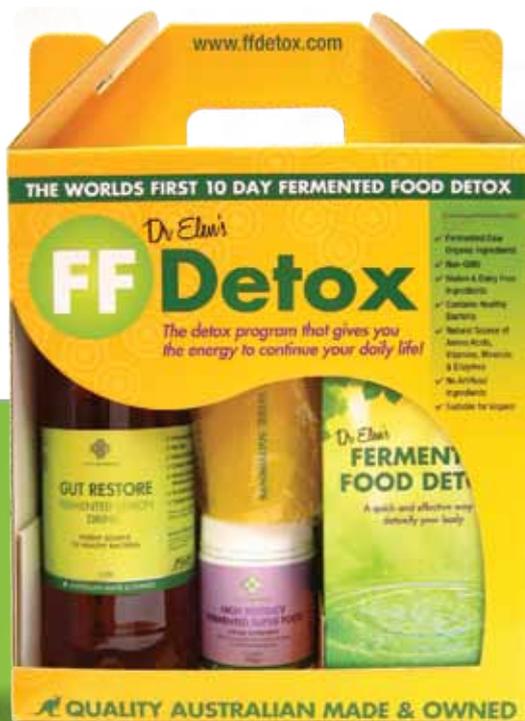
It was an amazing learning experience; the health of the mouth is intimately connected to the health of the heart, indeed, the entire system.

May your learning experiences be gentle.

– Jonathan Eisen, Publisher

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## Influenza vaccine

Hi All, Many of you will be aware that Saba Button, the young girl from Perth, who became mentally and physically disabled after an influenza vaccine in 2010 will receive a multimillion dollar compensation payment for this tragic event. This verdict was announced on Friday (June 6, 2014) after the parents took legal action against CSL for the harm caused to their daughter. In turn CSL counter-sued the WA government. These details can be found here: <http://www.news.com.au/national/western-australia/parents-of-saba-button-who-was-victim-of-flu-vaccine-debacle-receive-payout-from-wa-government/story-fnii5thn-1226945651845>

In Australia parents have been told that mercury was removed from childhood vaccines by 2004 but there are still some vaccines with mercury in them. In particular, some brands of influenza vaccines that are administered from a multidose vial. Each dose from a 10 dose vial contains 24.5 micrograms of mercury. Mercury has been in vaccines in a compound called thiomersal [AKA thimerosal - Ed] (49% mercury) and in 2013 it was still listed in the infant hepatitis B vaccine (given at birth) and the influenza vaccines Fluvad and Fluarix (Australian Immunisation Handbook (9th ed) 2013).

CSL's Fluvax "swine" flu vaccine was thiomersal-free but it did contain beta-propiolactone and antibiotics – neomycin and polymyxin B and detergent (sodium taurodeoxycholate) and egg protein. Individuals with a family history of allergies have a higher risk of reacting to chemicals in vaccines. This is a known contraindication for vaccines. In addition, the new six-in-one shot – Infanrix-hexa vaccine – was found to contain 10 ppb of mercury (Austin et al 2010, *Journal of Toxicology and Environmental Health*). Whilst this may be considered a low dose by some it is a fact that a safe level of mercury in humans has never been established – this would be "unethical" to test. It also does not consider the increased toxicity that is known to occur when many chemicals are added together. Yet the combined schedule of childhood vaccines given to infants before one year of age has never been tested in controlled clinical trials against unvaccinated children – with a true inert (non-active) placebo.

In 2010 I wrote several articles about children's influenza vaccine that was

promoted to parents in Perth (through the media) in a five year trial funded by the pharmaceutical companies. This WA trial started in 2008. I presented my research on the children's influenza vaccine at the National Health Promotion Association Conference in Perth in May 2009 under the title: "Childhood Influenza Immunisation: How is this program promoted and evaluated?" Here is the link to the information I presented at this conference to health professionals: <http://www.vaccinationdecisions.net/resources/Ethical%20Issues%20of%20Childhood%20Influenza%20Immunisation%20Final%20100423.pdf>

Here is another link to my article that describes the serious adverse reactions that occurred to this vaccine in 2010 and the inadequate adverse event reporting system that Professor Bryant Stokes described in his independent report carried out in 2010 <http://vactruth.com/2010/11/22/how-government-and-pharmaceutical-companies-gamble-with-your-childs-life/>

Australians need to be aware that unlike the US we do not have a Vaccine Injury Compensation Scheme funded by the government to address the damage many individuals experience from vaccines. Vaccination should not be tied to financial incentives, childcare places and employment if governments describe vaccines as "unavoidably unsafe" for many individuals with a genetic predisposition to disease. Governments have not provided quantitative evidence of the harm that vaccines cause in the population yet they are continually adding new vaccines to the childhood schedule for diseases that are not a risk to the majority of children.

Kind regards,  
Judy Wilyman MSc (Population Health)  
PhD Candidate  
[www.vaccinationdecisions.net](http://www.vaccinationdecisions.net)

## Mothers healing vaccine-related autism

Two of the most censored news stories by the mainstream news media:

1. That contaminated vaccines seriously injure thousands of children every year
2. That some families are fighting back against the willful ignorance of the "medical community", fighting back and healing their children.

Video: <http://www.brasschecktv.com/page/26785.html>

- Brasscheck TV

## Psychiatry: The hidden enemy

FYI:

<https://www.youtube.com/watch?v=YmvuYTH5nU0#t=74>

<https://www.youtube.com/watch?v=vxdxZkzQDgQ>

<https://www.youtube.com/watch?v=ll96QkZaz1E>

<https://www.youtube.com/watch?v=TC34j2hTnvA>

<https://www.youtube.com/watch?v=EVYcddabpOw>

<https://www.youtube.com/watch?v=UDIH9sV0IHU>

DSM

<https://www.youtube.com/watch?v=Nh6-79wc2Ac>

ADHD

<https://www.youtube.com/watch?v=IglFWb93NCs>

<https://www.youtube.com/watch?v=26e5PqrCePk>

[https://www.youtube.com/watch?v=YA\\_MwaRLzm8](https://www.youtube.com/watch?v=YA_MwaRLzm8)

FREUDIAN PSYCHOANALYSIS

REVERSED THIS PATTERN TO SELF  
SOCRATIC EXAMINATION

## Beginning the humane treatment of the mentally ill

<http://psychology.about.com/od/historyofpsychology/a/psychodynamic.htm>

I was trained in psychoanalysis to reverse this trend and was based on total privacy and confidentiality of Dr/Patient relationship. It was drug free and there were really no drugs at that time in the industry.

- Arden Gifford, MD

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## Keep cell phones away from babies

Hi Katherine: Last year I had a long wait at my local medical center. Installed is wi-fi, bluetooth for the two receptionists and a large plasma TV to promote local businesses. A most toxic place for me!

While waiting, a young mother handed her mobile phone to her fractious infant. The child instantly put it into its mouth. For the next 30 minutes or so, five doctors came into the waiting room. I observed that they would have seen the infant sucking on the mobile. No one cared. Then the mobile rang in the child's mouth! After the mother had spoken on the mobile I then decided to speak to her about radiation produced by mobiles. She seemed to agree that perhaps it was not a good idea to give her baby a mobile to suck on and removed it from her child.

It would be good to see a drawing, a diagrammatic representation of just what the radiation was doing (the collateral damage) as it regularly fired through that child's brain cells on the way to the nearby cellphone tower.

Recently a friend told me that she knew of two babies from two different families who had been allowed to suck on cell phones (apparently the phones were some model of iPhone) who ended up under the care of specialists because they suffered from what appeared to be "petit mal" seizures. – Name withheld

**Editor's note:** If you read the manual for an iPhone4 it reads: "When carrying iPhone, keep it 1.5 cm (5/8 inch) or more away from your body to ensure [radiofrequency radiation] exposure levels remain at or below the maximum levels." See: [http://manuals.info.apple.com/MANUALS/1000/MA1597/en\\_US/iphone\\_4\\_important\\_product\\_information\\_guide.pdf](http://manuals.info.apple.com/MANUALS/1000/MA1597/en_US/iphone_4_important_product_information_guide.pdf)

If you have to use a cell phone, please see the following link for suggestions on how to reduce your exposure to the microwave radiation produced by these phones: [www.naturalmedicine.net.nz/childrens-health-and-development/how-to-reduce-your-exposure-to-emr/](http://www.naturalmedicine.net.nz/childrens-health-and-development/how-to-reduce-your-exposure-to-emr/)

## Asking your doctor about vaccines

To the Editors:

Say the following nine magic words to your doctor. The reaction will reveal that

vaccines are indeed harmful. The nine words are: "If a vaccine injury occurs who will be responsible?" Take note of their reaction. Since they won't take any responsibility, then clearly the responsibility lies with the parent, who based on that response alone, should be able to refuse any vaccine. – Anon

## Fluoride toxicity

To the Editor: Here it is – Fluoride is now placed appropriately amongst its other similarly classified toxic compounds and elements such as DDT, lead, and arsenic.

It is also synergistic with these compounds, making them even more hazardous, and exerts such synergy at very low doses. It interferes with biological enzymes and hormones, and is carcinogenic.

This is how the public is treated by polluting corporations and their corrupt incompetent enablers (the NHMRC and self-assessed "Health" authorities).

Can anyone find some resemblance to a democratic society with this type of adherence to corporate "science"?

The *Scientific World Journal* published a review article by Dr. Stephen Peckham and Dr. Niyi Awofeso titled, "Water Fluoridation: A Critical Review of the Physiological Effects of Ingested Fluoride as a Public Health Intervention." Feb 2014: - Statement follows...

"Available evidence suggests that fluoride has a potential to cause major adverse human health problems, while having only a modest dental caries prevention effect. As part of efforts to reduce hazardous fluoride ingestion, the practice of artificial water fluoridation should be reconsidered globally, while industrial safety measures need to be tightened in order to reduce unethical discharge of fluoride compounds into the environment... coordinated global efforts to reduce adverse human health effects on fluoride need to start with ensuring that its introduction into water supplies is prohibited."

*The Lancet Neurology*... Volume 13, Issue 3 - Pages 330 - 338, March 2014.

"'Neurobehavioural Effects of Developmental Toxicity' - Dr. Philippe Grandjean MD, Dr. Philip J Landrigan MD.

"Summary: Neurodevelopmental disabilities, including autism, attention-deficit hyperactivity disorder, dyslexia,

and other cognitive impairments, affect millions of children worldwide, and some diagnoses seem to be increasing in frequency.

"Industrial chemicals that injure the developing brain are among the known causes for this rise in prevalence... In 2006, we did a systematic review and identified five industrial chemicals as developmental neurotoxicants: lead, methyl mercury, polychlorinated biphenyls, arsenic, and toluene.

"Since 2006, epidemiological studies have documented six additional developmental neurotoxicants – manganese, fluoride, chlorpyrifos, dichloro-diphenyl-trichloroethane (DDT), tetrachloroethylene, and the polybrominated diphenyl ethers... "We postulate that even more neurotoxicants remain undiscovered."

– Terry Robinson

## Unvaccinated children

Hi: I have just read your article "Studies Prove That Unvaccinated Children Are Far Healthier" in Issue 12. I have always thought this to be true due to having worked in a school and seen the constant sickness of some children compared to my own.

Thankfully they have been very healthy and we have not had to deal with the ever-common and re-occurring, colds, coughs, and ear infections.

I do fear though the future with so much pressure to vaccinate. I saw someone post on Facebook recently that we should all vaccinate our children for the greater good! I don't understand people who think that my unvaccinated child is somehow going to infect theirs! I laugh really because if their child is vaccinated then what is the problem? They should be safe from these diseases, that our unvaccinated children are [supposedly] spreading. It's just crazy! They need to read more about it.

In about 2006 or 2007 when we lived in Auckland the school had their meningitis vaccination program, which I turned down, of course. But one of my sons came home in tears, because the nurse had told him he would die if he didn't get it. I was furious! Sadly, all the children who got it had such sore arms for the week some could barely move them, and some were quite sick from it. Now my daughter is at intermediate we are having to deal with the "cervical cancer" vaccination. Again, I said No! – Jo

## Devastating effects of psychiatric drugs

Editors: I am in agreement with the article "Neuroleptics and Tardive Dyskinesia" by Philip Hickey, Ph.D, published in Issue 13.

I have previously written of my experience at Carrington Psychiatric Hospital in the late 70s – early 80s. As a psychiatric nurse I had to know a great deal about psychotropic drugs, especially their "side effects" and toxic effects. The "side effects" of these drugs are horrendous! I still see them manifest in people I see on the street, who clearly suffering from the effects of these terrible toxic chemicals. The brain changes are mostly irreversible. Foremost among these is "tardive dyskinesia" (TD), an often irreversible, disfiguring disorder of the central nervous system resulting in a variety of involuntary movements, particularly of the tongue, lips, and jaw muscle movements. Others include Parkinson-like, impaired motor coordination; sedation; extreme restlessness ("akathisia"); Dystonia – a neurological movement disorder, in which sustained muscle contractions cause twisting and repetitive movements or abnormal postures.

I have nursed people in the past (at Carrington) whose social lives were ruined by the effects of these chemicals, such that, e.g., the wife of an executive who had to host social events as part of his job, was unable to participate as partner of her husband in that important aspect of their lives. She was a very intelligent woman who had been reduced (by her GP's irresponsible prescribing) to such a level, that she was unable to even participate effectively in group therapy.

Correct nutrition is the answer to many so-called psychiatric disorders. I enquired about this treatment approach when I first began working at Carrington. I was told by doctors that it had been tried and didn't work. Of course, they lied to me! They knew nothing about e.g., the work of Abram Hoffer, who was writing relevantly from the early 1960s, or Alexander Schauss.

Isabel Hutchinson

Ed note: In his landmark book *Brain Allergies*, the late American psychiatrist Dr. William Philpott, who abandoned toxic psychiatry to practise nutritional and environmental medicine, stated that he had used mineral supplements to successfully treat tardive dyskinesia in some cases. For an article on using nutritional medicine to treat "mental health" problems, please see issue 9 of this Journal.

## Burzynski

Jon,

I want you to know that I appreciate your support of Burzynski. I had the opportunity to briefly meet with Stan B. and his staff at the clinic when my former wife, Alice, was struggling with late stage IV NSCLC that had metastasized to the brain. They were all exceedingly warm and helpful people and I absolutely have to say that of all the places that we visited during her battle with cancer that this was the most real and helpful.

Alice had been declared terminal at the end of February 2006 and was given an expectancy of two weeks before she would go into a coma and was urged to go through radiation to provide an additional two to four weeks. She refused and through natural and alternative therapies, she started improving. Three months later, the doctors at the local hospital were shocked and amazed to see her walking down the hospital hallway to have a checkup. Their jaws almost literally hit the floor.

Her oncologist changed her pain medication to one that she was allergic to, and shortly after, she went into organ failure and a few days later passed away in our bed beside me.

This is one reason why I am so adamant in pursuing natural and alternatives as the real answer.

Blessings, David Etheridge

## Lung cancer cured by cannabis oil

Hello,

My name is Corinne and my husband and I are the owners of United Patients Group. This company was built due to my father's fight with stage four lung cancer and a brain tumor. He was given two weeks to live but has gone into complete remission due to cannabis oil. In turn we built this website as a WebMD, of sorts, for mainstream families and their loved ones who need one last chance. We are completely medical and have NO affiliation with recreational. Please read our story below. We hope that somehow we can serve each other.

Kind regards,

Corinne Malanca

About us:

<http://www.unitedpatientsgroup.com/about>

My Dad's story:

<http://www.unitedpatientsgroup.com/blog/?p=3156&preview=true>

Dad's update:

<http://www.unitedpatientsgroup.com/blog/2014/03/20/dads-update-stan-rutner-a-cancer-survivor/>

## MMS being banned & removed from many markets!

Sirs:

The FDA has started to take notice of MMS and the various claims being made about the product. Currently the FDA has not approved the use of MMS to treat or cure any disease or illness. The information on this site is not to be considered medical advice. We do not ship or produce MMS, any links provided on this site are to manufacturers of MMS. Please keep this in mind when reading any post on this site.

We knew it only would be a matter of time. It seems that both Canadian and Australian governments are forbidding the sale of MMS to their countries. The United States could be the next to ban MMS. If you read any of our articles on how much money the drug companies stand to lose on anything that might treat or cure a disease they cannot patent then you will see why this is happening. The scary thing is Canada initiated the ban over one complaint and many suggest that the complaint originated from a pharmaceutical company! Many suspect the US to be next in line to restrict or ban the sale of MMS (Miracle Mineral Solution). Therefore it comes as no surprise that we have the most expensive health care system in the entire world and we are ranked below Cuba in our health care system. Many expect our Government to follow suit as the new Codex law against selling nutritional supplements will soon be implemented. I would highly suggest grabbing a few bottles just in case the US caves in to the pharmaceutical industry and the FDA bans the sales of MMS here in the US. – Anon

### SOURCE(S):

- <http://www.oceanslab.com/categories/MMS/>
- [mmsfacts.com](http://mmsfacts.com)
- <http://healthfreedom.org/2014/04/29/mms-being-banned-being-removed-from-many-markets/#sthash.4LIKQUHC.dpuf>
- **NEW ZEALAND DISTRIBUTOR:** ('The only Jim Humble approved NZ distributor') [www.miraclemineal.co.nz](http://www.miraclemineal.co.nz)



# Drug cartels are amateurs: Here's the real thing

By Jon Rappoport

Mexican cartels? Colombian cartels? Afghan poppy lords? Middlemen? Street dealers? Are you kidding? They're small fry. Check out the pros.

*Medical News Today*, June 22, 2013, "Most Americans on Prescriptions."  
"7 out of every 10 Americans are on prescription drugs, and more than half of the country are on at least two, according to an analysis conducted by Mayo Clinic and Olmsted Medical Center researchers."

That's 210 million men, women, and children – hooked. Something the Sinaloa Cartel can only dream of.

Most commonly ingested medical drugs? In order: antibiotics, antidepressants, and opioids. Those last two indicate Americans are trying to change their state of mind and kill pain via the Man in the White Coat; the street dealer is way, way behind.

Here's an interesting quote from the *Medical News* piece: "...nearly one quarter of women between 50 and 64 take antidepressants..."

The street drug cartels, of course, are working at a disadvantage. The White Coat dealers are backed up by government, insurance companies, medical boards, medical journals, Wall Street, banks, pharmaceutical companies, media, medical schools, hospitals, and big foundations. That's the competition. What are the street drug cartels going to do? Put out a hit on all these people? Hell, I'm sure some of the Mexican and Colombian drug chiefs have their own doctors and are taking Zoloft and Paxil themselves.

Previously, in another piece, *Medical News Today* reported that, in 2011, there was a modest uptick in the number of prescriptions written in the US.

The increase brought the total to: 4.02 billion.

Yes, in 2011, doctors wrote 4.02 billion prescriptions for drugs in America.

That's an average of roughly 13 prescrip-

tions for each man, woman, and child.

That's about one new prescription every month for every American.

*The Medical News Today* article concluded, "...the industry should be heartened by the growth of the number of prescriptions and spending." Yes, I'm sure the drug industry was popping champagne corks.

We're talking about prescriptions here. We're not talking about the number of pills Americans took. We're also not counting over-the-counter drugs.

Pharmacopoeia, a 2011 exhibition at the British Museum, estimated that "the average number of pills a person takes in his or her own lifetime in the UK is 14,000." That's as a result of prescriptions. Including over-the-counter drugs, the 14,000 number would swell to 40,000 pills taken in a lifetime.

What are the effects of all these drugs?

We are looking at a supreme Trojan Horse that is rotting out America and other industrialized countries from the inside. Wars, no wars, economic deprivation, economic prosperity; the drugs continue to do their work, debilitating and ruining and terminating lives.

Many sources can be cited to confirm this assessment.

On January 8th, 2001, the *LA Times* published an article by Linda Marsa: "When Good Drugs Do Harm." Marsa quoted researcher Dr. David Bates, who indicated that, in the US, there are 36 million serious adverse reactions to medical drugs per year.

On July 26, 2000, the *Journal of the American Medical Association* published the most stunning mainstream estimate of medical-drug damage in history: "Is US health really the best in the world?" The author was Dr. Barbara Starfield, a respected public-health researcher at the Johns Hopkins School of Public Health.

Starfield concluded that medical drugs were killing Americans at the rate of 106,000 per year. That's over a million deaths per decade.

(By contrast, *The Wall St. Journal* reports 3,094 deaths from heroin overdose in 2010.)

Starfield gives us a conservative sketch of the Trojan Horse that has been placed in the center of the industrialized world.

The destruction of societies by medical drugs goes far beyond what some people call "over-prescribing." This isn't just a tilt in the wrong direction. It isn't simply errors of judgment compounded by the number of doctors dispensing medicines.

Those are all polite terms suggesting the situation can be corrected through a show of good will and better judgment. That will never happen.

Countries of the world are literally being assaulted by pharmaceutical companies and their foot-soldier doctors. It's chemical warfare.

To even begin to see light at the end of the tunnel, hundreds of millions of people must add themselves to the rolls of those who already are pursuing better health through natural means.

Not even the worst dictators and mass murderers in history dreamed of a day when the citizenry would line up and demand to ingest more and more life-destroying chemicals.

## About the author

Jon Rappoport is the author of three explosive collections, *THE MATRIX REVEALED*, *EXIT FROM THE MATRIX*, and *POWER OUTSIDE THE MATRIX*. Jon was a candidate for a US Congressional seat in the 29th District of California. He maintains a consulting practice for private clients, the purpose of which is the expansion of personal creative power. Nominated for a Pulitzer Prize, he has worked as an investigative reporter for 30 years, writing articles on politics, medicine, and health for *CBS Healthwatch*, *LA Weekly*, *Spin Magazine*, *Stern*, and other newspapers and magazines in the US and Europe. Jon has delivered lectures and seminars on global politics, health, logic, and creative power to audiences around the world. You can sign up for his free emails at [NoMoreFakeNews.com](http://NoMoreFakeNews.com).

# Smart Meter Update

By Katherine Smith, Editor



Visits to [www.stopsmartmeters.org.nz](http://www.stopsmartmeters.org.nz) have increased, with the most popular pages of the website being “How to avoid getting a smart meter” and “How to get rid of a smart meter.”

Given that it can be difficult to get a “smart meter” removed once it has been installed – even if it is causing illness – preventing the installation of “smart meters” should be a high priority for people who value their health. Unfortunately, the radio-frequency radiation (RFR) produced by “smart meters” can provoke very unpleasant symptoms in some people, including headaches, sleeping difficulties, burning pains and palpitations. It appears that RFR from “smart meters” may trigger the development of electrosensitivity in some people, resulting in ongoing symptoms from other sources of RFR (such as cell phones, wi-fi, cell phone towers etc.) even after a “smart meter” has been removed. (See: [www.stopsmartmeters.org.nz/latest-news/survey-of-people-adversely-affected-by-smart-meters/](http://www.stopsmartmeters.org.nz/latest-news/survey-of-people-adversely-affected-by-smart-meters/).)

In New Zealand, electricity retailers and lines companies involved in “smart meter” roll outs have been using a variety of techniques to “manufacture consent” for “smart meter” installations. Some companies are using the term “advanced meter” instead of “smart meter” because “smart meters” are getting a bad reputation around the world due to people sharing their experiences of the bad effects that these devices have had on their health through a variety of websites.

In New Zealand, another common ploy appears to be for electricity company staff to tell customers that “smart meters” are a government requirement, when there is in fact, no law or regulation in this country that states that anyone has to accept a “smart meter”.

When “smart meter” promoters realise that their customers won’t buy the “it’s compulsory” lie, they change tactics and move to try to “spin” away people’s legitimate concerns about the health issues with “smart meters”.

The RFR produced by “smart meters” has been classified as a “possible carcinogen” (type 2B) by the International Agency for Research on Cancer but you will rarely see this fact acknowledged by an electricity company. Typically, companies promoting “smart meters” make statements designed to convince people that the amount of RFR produced by “smart meters” is trivial and not worth worrying about.

For example, in response to questions about emissions from the Landis+Gyr “smart meters” that they have begun to install in the Nelson-Tasman region, Network Tasman Ltd employee Andrew Stanton stated that the RFR produced was “very, very low”. However a document on Network Tasman Ltd’s website stated that someone one foot away from the meter would be exposed to 88,000 microwatts per square metre ( $\mu\text{W}/\text{m}^2$ ). This is 8,800 times higher than the limit suggested by the scientists who created the website [www.bioinitiative.org](http://www.bioinitiative.org) – hardly a trivial amount of RFR. (If you take the limits for RFR recommended by the Building Biology Institute as your benchmark the exposure is even more significant, as the Building Biology Institute considers any exposure over 1000  $\mu\text{W}/\text{m}^2$  to be of “extreme concern”.)

Another ploy commonly used by people promoting “smart meters” is to express the amount of RFR produced by a “smart meter” as a percentage of the national standard NS: 2772.1:1999. “Smart meters” generally produce only a small percentage of the allowable RFR under this standard,

which can give the mistaken impression that the meters’ emissions are very low, and therefore very safe. “Smart meter” proponents (perhaps it would not be inappropriate to call them “pushers”) typically omit to mention that NS: 2772.1:1999 is designed to protect against **thermal injury and shocks** only, not other potential adverse effects such as DNA damage or cancer – which of course means that **“smart meters” that comply with NS: 2772.1:1999 cannot be assumed to be safe.**

If that weren’t enough, company staff involved in selling “smart meters” to the public often try to reassure people who don’t want to be irradiated with a class 2B possible carcinogen that “smart meters” produce RFR for only 45 seconds per day. What they don’t say is that manufacturers’ documents and in-use testing shows that a single “smart meter” may produce thousands of pulses of RFR every 24 hours. (Please see this link for a fuller discussion of this issue: <http://www.stopsmartmeters.org.nz/latest-news/report-on-health-and-safety-aspects-of-electricity-smart-meters-debunked/>.)

If you are concerned about the “smart meter” situation, please visit [www.stopsmartmeters.org.nz](http://www.stopsmartmeters.org.nz), [www.stopsmartmeters.com.au](http://www.stopsmartmeters.com.au), [www.stopsmartmeters.org.uk](http://www.stopsmartmeters.org.uk) or [www.stopsmartmeters.org](http://www.stopsmartmeters.org) for information about the situation in your country. If you have not already seen the award-winning “smart meter” documentary **Take Back Your Power**, please consider buying a DVD or streaming this from [www.takebackyourpower.net](http://www.takebackyourpower.net) and invite your family and friends to watch it with you. **Take Back Your Power** is a fantastic tool for educating people about the “smart meter” issue and covers health, privacy and other facets of this technology which is being stealthily imposed on the population.

## SHIELDING A SMART METER

By Patrick van der Burght

“Smart meters” are quite often on bedroom walls which can result in prolonged exposure to high frequency radiation from the “smart meter”, if the “smart meter” or its transmission modem cannot be removed. Shielding paint, shielding fabric, shielding mesh and metallic foils are available that aim to create a reflective surface that deflects high frequency (HF) radiation. Some products do a good job.

However, if you shield just one wall, you are effectively also creating a mirror for all the sources of HF radiation on your side of the wall which can double your exposure to them! If the level of HF radiation is sufficiently

low that if it was doubled it would still not be a problem... then it could be allowable to shield a single wall. However, if a mobile phone company or neighbour were to install equipment that increases the HF radiation on your side of the shielded wall in the future, the situation may become much worse without you realising.

The safest approach is to create a bedroom that is a radiation-free haven. Shielding the walls and ceiling (and floor if you are not on ground level) with shielding paint is a good option. This will reduce levels from HF sources, even when they get stronger in the future. Good quality shielding paint can improve a bedroom, but it is rarely all that is required to create a safe bedroom. Shielding paint does not provide protection from low frequency electromagnetic fields. If you have a meter

box on your bedroom wall, you should have the EMF levels measured.

A final thought: Experiencing symptoms within 1-2 months of a “smart meter” installation, often indicates that you have been burdened by a lot more things before the “smart meter” was installed. Your total exposure, wiring and bedroom should be investigated by someone who has had appropriate training, equipment that measures the body and practical experience in facilitating health recovery. If you haven’t noticed symptoms yet... this doesn’t mean you are not affected. Your defences may, for the moment, still be coping with it.

**About the author:** Patrick van der Burght is the Director of Geovital Academy for Radiation Protection Australia and NZ. For more information, please see: [geovital.com.au](http://geovital.com.au)

# Fluoride Toxicity No Longer a 'Conspiracy Theory'

By Andy Dilks,  
June 16, 2014

It's often amazing how many people still view the dangers posed to health from fluoride in the water supply as nothing more than a "conspiracy theory" – dismissed as a notion unsupported by any solid evidence. They demand "peer reviewed" studies before even contemplating the veracity of any claim of fluoride dangers. Anything else, they say, is unsupported "pseudoscience". It probably doesn't help matters that Wikipedia – that hugely flawed yet oft cited source of information on the internet which so many tend to appeal to – peddles misinformation which clearly creates a misconception as to the adverse effects. Its page discussing fluoride toxicity is revealing, stating that "the only generally accepted adverse effect of fluoride at levels used for water fluoridation is dental fluorosis, which can alter the appearance of children's teeth during tooth development; this is mostly mild and usually only an aesthetic concern."

With a sizable number of people satisfied with this unfounded reassurance, little further research is conducted, reflecting the lazy manner in which some people are willing to take things at face value, regardless of the high stakes. After all, if they were to take the issue seriously enough to thoroughly check the evidence for themselves they would find themselves dragged kicking and screaming from their comfort zones, forced to question the veracity of widely held "truths" built on lies and deceptions.

Of course, mainstream studies outlining the deleterious effects of fluoride are commonplace – in 2006 the National Research Council released a 500 page review, which took 12 scientists over three years to produce and described in great detail why EPA's purportedly "safe" drinking water standard (4 ppm) needed to be reduced in order to protect human health. The report documents myriad potential hazards from fluoride exposure, including damage to the bones, brain, and various glands of the endocrine system. According to Dr. Bob Carton, a former risk-assessment scientist at EPA, this report "should be the center piece of every discussion on

fluoridation. It changes everything."

More recently a Harvard study funded by the National Institutes of Health confirmed that fluoride lowers the IQ of children. The adverse effects of high concentrations of fluoride in the water supply were summarized by in the report from *Environmental Health Perspectives*:

"We performed a systematic review and meta-analysis of published studies on increased fluoride exposure in drinking water and neuro-developmental delays. We specifically targeted studies carried out in rural China that have not been widely disseminated, thus complementing the studies that have been included in previous reviews and risk assessment reports. Findings from our meta-analyses of 27 studies published over 22 years suggest an inverse association between high fluoride exposure and children's intelligence. The results suggest that fluoride may be a developmental neuro-toxicant that affects brain development at exposures much below those that can cause toxicity in adults."

Given the wealth of other studies which have drawn similar conclusions, it's perhaps remarkable that this hasn't been fully accepted in the scientific community and, by extension, the general population at large. Additional studies have found other negative effects of fluoride on the human brain including:

- Reduction in nicotinic acetylcholine receptors
- Damage to your hippocampus
- Formation of beta-amyloid plaques (the classic brain abnormality in Alzheimer's disease)
- Reduction in lipid content
- Damage to purkinje cells
- Exacerbation of lesions induced by iodine deficiency
- Impaired antioxidant defense systems
- Increased uptake of aluminum
- Accumulation of fluoride in your pineal gland

In March 2014, the journal *Lancet Neurology* com-

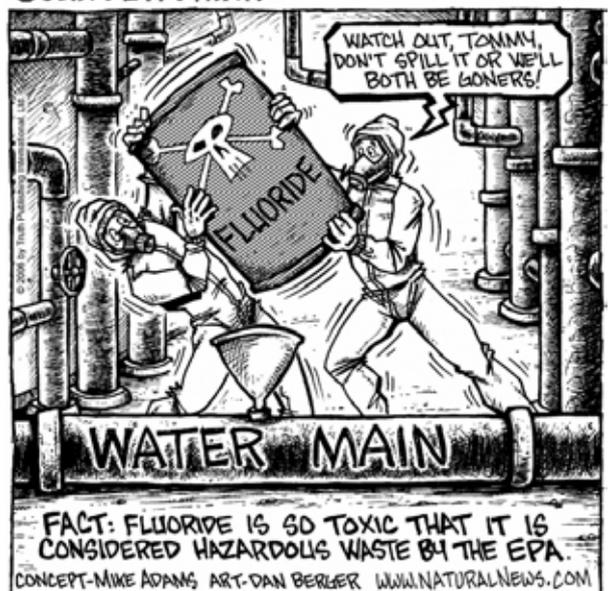
pared fluoride to lead, arsenic, methyl mercury and other chemical toxins, and reclassified it as a developmental neurotoxin. Adding to the above list of detrimental effects of fluoride, the report explained how neurotoxins can cause widespread brain disorders such as autism, attention deficit hyperactivity disorder, learning disabilities, and other cognitive impairments.

It may currently appear like only a "fringe" section of the populous is against fluoride (and clearly the lack of mainstream media coverage has a great deal to do with this misconception), but a sizable scientific community exists fighting to have it removed. An increasingly informed number of communities are also fighting to have it removed completely from their drinking water. Perhaps, with the release of the *Lancet* report, the "conspiracy theory" response to those pointing out the dangers of water fluoridation can finally be dropped and a concerted movement to end the poisoning of our water supplies will take root and flourish.

## About the Author

Andrew Dilks writes on culture and politics at [orwellwasright.co.uk](http://orwellwasright.co.uk). He is the author of *Goliath and Flow*. His newest book *Prehistoric Highs: Mind-Altering Plants and the Birth of Civilization* will be available in 2014.

## COUNTERTHINK



# Better Health on a Shoestring



By Angela Frieswyk, BSc (Human Nutrition),  
Dipl Herb Med, MNZAMH

## Home-made Herbal Remedies

For many years Deborah Jeyes and I have worked as medical herbalists in a traditional herbal dispensary and clinic that shares its premises with a large health shop and conventional pharmacy. This has given us valuable knowledge about a myriad of commercial health products, while also allowing us to use our traditional skills to compound our own creams, ointments and medicinal brews from almost raw starting ingredients. There is, however, nothing that quite replaces the satisfaction of growing healthy medicinal plants (including “weeds”) and preparing remedies from scratch. Not only does this add an energetic healing quality of using fresh plant material, it is also an affordable and sustainable way to treat many minor ailments at home.

### Sage to Sooth Sore Throats

Botanical name: *Salvia officinalis* or *S. officinalis purpurea*

When it comes to a sore throat your herbal fix needs to be quick and easy to make. Sage is ideal for this.

Simply infuse 4-5 fresh sage leaves in a cup of boiling water, leave for 10 minutes. Add a squeeze of lemon and a teaspoon of manuka honey if desired. Gargle and sip frequently at the earliest sign of infection, up to three cups a day. This a very soothing and antiseptic brew that is also good for gum problems. Avoid during pregnancy and breastfeeding. Sage should also be avoided by people who have epilepsy.

### Onion & Garlic Cough Syrup

This is another simple recipe that helps ease coughs and mucus congestion.

Coarsely chop one onion and two cloves of garlic, then place in glass jar. Cover with raw honey (preferably raw manuka or raw bush honey) and mix so the onion and garlic are thoroughly coated. Secure lid and leave for 3-4 hours, shaking the jar every half hour. Over this time the

honey will extract liquid from the onion and garlic, along with its medicinal qualities. Once it has become quite liquid, strain into a sterile jar and label.

Dosage: Adult: 1 dessert spoon every hour for up to six doses, then 1 dessert spoon up to 6 times daily as needed.

Children: 4 –12 years, 1–1.5 teaspoons; 1 – 4 years, 1 teaspoon. Dosage frequency same as for adults.

**Caution: Garlic is contraindicated for people who are taking the anti-coagulant medication Warfarin. This remedy is not recommended for diabetics.**

### Calendula – Nature’s Healer

Botanical name: *Calendula officinalis*

Calendula is a topical anti-microbial and also promotes skin healing. A water-based infusion can be used to help clear acne (use a cotton pad to wipe over the face), clean minor wounds (add St John’s Wort flowers if you wish to make a HyperCal- like solution) or can



be effective when used at the first sign of fungal conditions (eg add to a sitz bath at the first signs of thrush). It can also be taken internally or even just add the fresh flower petals to salads for a betacarotene boost.

To make a medicinal strength calendula flower infusion: First check that you have the correct calendula flower species (*Calendula officinalis*) and not an ornamental marigold. Harvest flowers when just fully opened. To dry; spread out in a single layer on cane trays in a warm, shady place with good air circulation. To make a dried flower infusion: cover 10-30gm dried flower in 200mls of boiling filtered water and leave to infuse in a covered vessel for 10 minutes. You can also use Calendula flowers fresh, using twice as much weight as you would dried.

### Dandelion - Liver & Digestive Tonic

Botanical name: *Taraxacum officinale*

Both the root and the leaves of dandelion are used in herbal medicine to improve digestive secretions, liver function and support kidney health but it is the root that is considered most beneficial for the liver.

Dandelion roots are best harvested in autumn from plants at least two years old if possible (they really are a pleasure when allowed to grow this big ... and do give them a healthy patch of soil.) There are several other weeds that are often confused with dandelion so it is very important to check the following identification features: Each flower stem is hollow, hairless, does not branch and there is only one flower-head per stem. This is followed by a spherical seed head that was traditionally called a “dandelion clock”. Leaves are smooth and mostly hairless, though some have a few short hairs on the midrib. The leaf stem is hollow. The leaves grow in a rosette form. A milky sap appears when the leaf or flower stem is broken. If you don’t have it already, just collect some seeds from a dandelion clock, lay them on the ground where you want them to grow, and they will.

### Dandelion Root Tincture



A tincture is a medicinal preparation made by macerating herbs in alcohol, the alcohol being a medium which effectively extracts many medicinal properties from

plants. Commercially-made tinctures are manufactured very precisely and often concentrate the medicine using percolation methods. Home-made tinctures are a little more “grassroots” but have their own added value from using fresh plant material. You will require:

Fresh roots of Dandelion  
Vodka (at least 40% alcohol, eg 42 Below - unflavoured)

Continued on Page 74

NATURALLY 

by Trisha

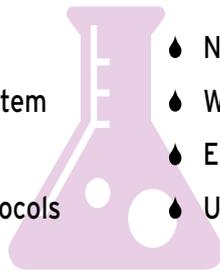


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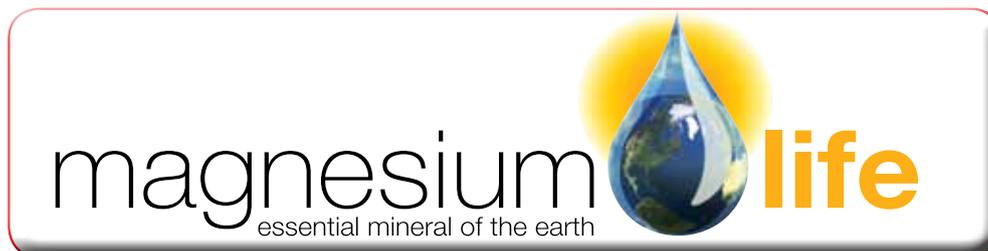
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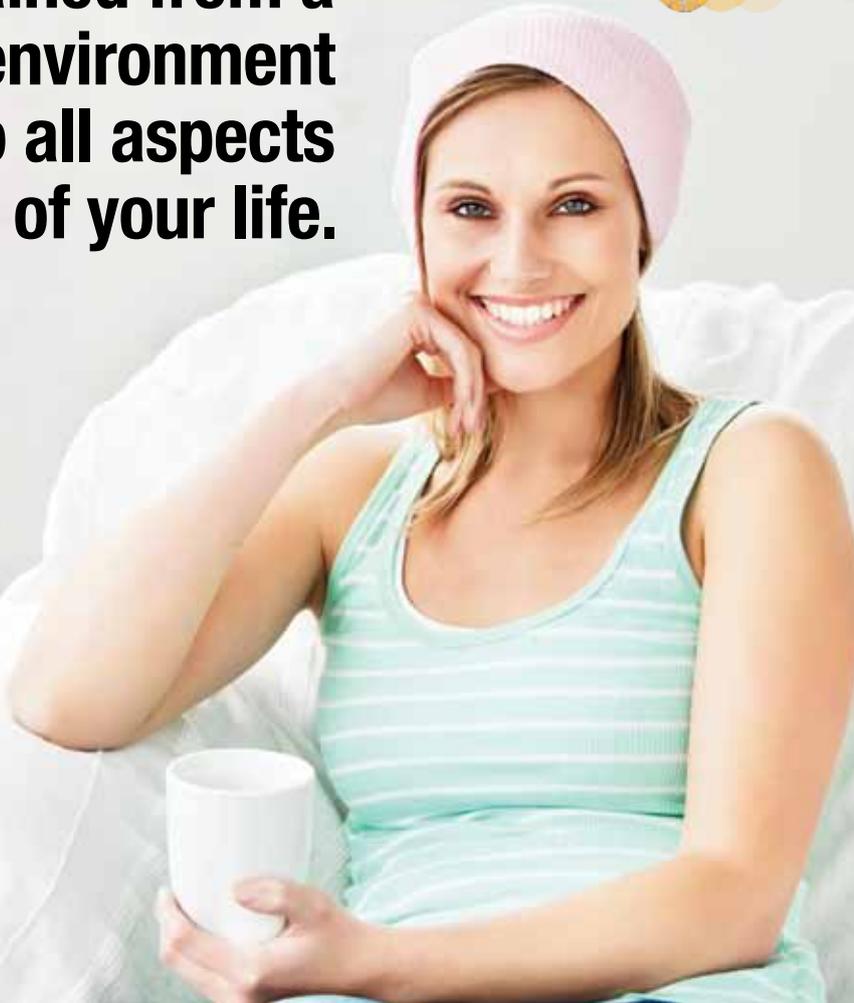
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Our past experiences with patients demonstrated the need for our own T98 Alpha shielding paint, NOVA shielding fabric and our unique well-priced mattresses. Carrying radiation shielding products like T98 Alpha and NOVA, which are slightly more costly, makes business more challenging. Consumers, or even their advisors on home health, often unknowingly focus on price when they don't realise the risks they are taking. Geovital prefers to follow the path that leads to the best chance of success for our patients.

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# GEOVITAL

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# Why you are insane if you think GMOs are safe

By Sayer Ji, Founder:  
[Greenmedinfo.com](http://Greenmedinfo.com)

You are insane if you are drinking Bio-tech's GMO-infused Kool-Aid. Here's why:

Let's put aside the debate about antigenic proteins introduced by transgenes in GMO crops. Transgenes are genes from species that are not naturally present in fooder crops or food crops, e.g. spider genes, bacterial genes, viral genes, etc. These transgenes are capable of producing proteins in the plants that have never been in the human diet over the course of human evolution, stretching back thousands, even millions of years. GM proponents and regulators claim pseudo-scientifically that these novel new GM foods are "substantially equivalent" to conventional ones, despite a lack of human clinical toxicology studies to prove it; or, they claim that these proteins are inconsequential and do not represent a threat to human health, or the health of the biosphere as a whole because they say so – a plea to their own self-appointed, baseless authority.

This debate about whether or not GMO foods contain problematic proteins is meant to confuse and distract from the real issue that if you eat corn, soy, cottonseed or canola containing GMO products – and everyone does since nothing is truthfully labelled – you are ingesting glyphosate (aka Roundup) residues. How can I say that? Because these ungodly organisms have been designed to survive the equivalent of a chemical apocalypse. GM monoculturing using glyphosate-resistant plants requires the widespread application of a systemic life-killing concoction of chemicals to the land – literally carpet bombed like Agent Orange herbicide in Vietnam – that kills every plant but the one designed to somehow resist dying after being sprayed. The result? Massive chemical injury and contamination of the plants intended to be your food.

I will say it again, you are insane if you believe that ingesting Roundup-contaminated food is safe, especially if you let your children consume it. In a world where Department of Children and Families can threaten to take your children away if you don't pump up to 80 vaccines into them as children, knowingly letting your child eat food poisoned with glyphosate formulations, which

have been linked to over 40 diseases in the peer-reviewed biomedical literature – should be considered at least as an egregious offence.

Please read "Extreme Toxicity of Roundup Destroys GM/Non-GM 'Substantial Equivalence' Argument", if you think these statements are hyperbolic or intended to promulgate fear-mongering. Take away the voluminous industry-funded "research" they paid for to market their product and cover up its harms, and through publication bias pushed into the popular consciousness as "evidence" for why you should intentionally eat chemicals, and you are left with a truly dismal picture of what is really going on.

Roundup is now found in our air, our water, our food, and our rain, making avoidance nearly impossible. It is destroying the soil, including the still mostly unexplored biodiversity of the soil organisms found there, including strains of major food importance. It is found in breast milk, it is destroying the coral reefs, it exhibits carcinogenic, endocrine-disruptive properties in the parts-per-trillion range. And still, our government – specifically the EPA – thinks you can live with them, increasing the "acceptable level of harm" because it is bioaccumulating everywhere, and they don't know what to do. Monsanto, of course, directs and

in some way owns our government. Just look at who they have placed in positions of power if you need proof.

This post is really not meant to speak to the choir. We have a million unique visitors a month, most of whom are already aware of what's going on, and who want to change the trajectory in a way that does not lead to the collapse of the biosphere, and our support system with it. This post is meant to call out those who, quite frankly, are whoring themselves to the biotech and chemicals industries. Those who write articles and blogs who claim that those of us who do not wish to see our children die young of idiopathic diseases, leukemia, or suffer through accelerated neurodegeneration (think autism spectrum disorders) – related to incessant chemical exposures, are "anti-science", "fear mongers", "irrational parents". They have blood on their hands. Despite our firm convictions, the evidence itself proves this.

Yes, you are insane if you eat GMOs, or support the agenda. "Ban Roundup and GMOs" is the mantra I would love to see repeated, incessantly, into the future. Until it's done. Then, perhaps, when the precautionary principle is implemented, we can begin to cultivate sanity again and reverse the process that is killing our planet.



# Homœopathica

Vol. 34 No. 2

Winter 2014

Journal of the New Zealand Homœopathic Society Inc



FEATURE ARTICLES  
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# Essential Health & Fitness Advice for Women Over 50

My longstanding interest in healthy lifestyles and raising funds for health initiatives has meant I've been active in understanding why a perpetually growing number of women are being diagnosed with breast cancer, despite decades of promotion around "awareness" and "early detection". It seems to me as though the "prevention" piece has been missing in action.

Breast health is back in the headlines thanks to new studies which have questioned whether routine mammography deserves credit for the reduction in breast cancer mortality – or whether improved treatment is responsible.

Another study has questioned whether mammo-

graphic screening of women over the age of 75 is worthwhile. (See <http://www.ucsf.edu/news/2014/03/112976/experts-question-routine-mammograms-elderly>.) This is something of a moot point in NZ as in NZ, women over the age of 69 years are not screened. However, for younger women, questions have been asked about whether screening mammography may do more harm than good. In many cases due to suspicious mammograms women may undergo stressful procedures such as biopsies only to be given the all-clear, and many women may be treated aggressively for early stage cancers that may never become life-threatening. (See <http://www.nejm.org/doi/full/10.1056/NEJMoa1206809>.)

The mammography debate is an interesting one from a public policy perspective given that mammograms expose healthy breast tissue to po-

tentially carcinogenic radiation – and may therefore increase the risk of a woman developing breast cancer in an attempt to diagnose breast cancer early.

At its core, breast mammography is a rather passive approach to health and wellness given that it aims to detect cancer, rather than prevent it. For this reason, I have personally chosen a combination of breast thermography and ultrasound to monitor my own breast health.

Over and above an annual check up, my commitment to breast health prevention is based on a healthy lifestyle. I've always thought that the

mammographic screening catch-cry of "early detection is our best prevention" made little sense and now the evidence suggests that is the case. Breast cancer is not a disease that is completely random. Lifestyle choices can make a huge difference to breast cancer risk.

It seems that the influence of environmental toxins on breast health, like pesticides and food additives has yet to be taken seriously and I wonder how many women think about the safety of dyeing their hair? Some hair dyes contain carcinogens associated with increased risk of breast and some other cancers. If you want to colour grey hair, pure henna based hair dyes are safer. (Indigo can be added to henna to produce a black colour.) If you want to go blonde, hydrogen peroxide is low risk, too. (Do get advice from someone knowledgeable if you want to change your hair colour, as not all hair colouring

agents are mutually compatible.)

Alcohol reform is also highly topical and one of the most common lifestyle risk factors is alcohol consumption. Many women use alcohol on a regular basis, and while alcohol is a socially acceptable drug that many find to be enjoyable, its consumption begins to increase breast cancer risk at quite low levels. A healthy liver is vital to our hormonal balance and alcohol is taxing on the liver. Most women are aware that alcohol is fattening, so reducing alcohol consumption, if this is at a level where cancer risk begins to increase, can help with weight control.

Of course, alcohol is often used as a way to self-medicate for stress, and if this is the case and drinking has reached a level where there is any degree of dependence, professional help is suggested to gradually reduce alcohol consumption. (A sudden decision to quit could result in serious withdrawal effects.)

For me, personally, exercise is my preferred method of stress-release. Exercise is beneficial at any age, but I believe there is never a more important time to get fit or stay fit than at fifty plus. (If you have not exercised for a long time a check-up with your doctor before you start an exercise programme is a good precaution.)

If you reach the age of 50 reasonably fit, you should be well set up for the next few decades of your life. Continuing exercise will help you maintain (or even increase) your muscle mass and strength and help you feel good at a healthy body weight. If you are unfit at 50 then the upside might be that at least you haven't worn out too many body parts from being over-zealous. Many people in their latter years who start exer-

cise programmes and re-evaluate the meaning of “eating healthy” often become the most inspiring and most ardent advocates.

Maintaining a normal body weight can also help reduce your risk of breast cancer whereas obesity can substantially increase your risk.

And then there’s the stress-release aspect of exercise, which not only helps boost your mood and can help you put other life-challenges in a better perspective, but also helps you resist less healthy, but oh-so-tempting options for stress relief such as eating too much chocolate though a moderate amount of dark chocolate may have a beneficial effect especially if sweetened with stevia, a herbal sweetener (Matakana Superfoods have such a sugar free dark chocolate bar in their range.)

So, with that said, I’m off to the gym. I’ve decided to challenge myself in entering the World Master’s Games, Auckland, New Zealand in 2017. With the best part of 2.5 years to train I encourage anyone over the age of 30 (yes, you can even be a Master swimmer at 25!) to join me and 25,000 others from around the world to be part of an event that is bigger than the Olympics! For information on individual and team sport choices go to

[www.worldmastersgames.com](http://www.worldmastersgames.com).

There’s never been a more important time than now to take that vital step towards being as fit and mobile as you can be.

#### ABOUT THE AUTHOR:

**Allison Roe MBE was the winner of back-to-back Boston and New York Marathons. She ran the world’s best marathon and 20,000 metres. She was winner of three national titles in three different sports as well as an independent TV sports producer and event conceptualiser and marketer. She has since spent many years working for the social good, intent as she is on living life with purpose and passion, to make a difference.**



**“Maintaining a normal body weight can also help reduce your risk of breast cancer whereas obesity can substantially increase your risk.”**

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## Bad gums are a major cause of heart disease, researchers prove

May 23, 2014

Add bad teeth and gums to the list of causes of heart disease. The bacteria from gum disease can cause inflammation in the heart and aorta, the largest artery in the body, which triggers cholesterol levels to rise.

Researchers from the University of Florida claim to be among the first to establish that gum disease is a cause of heart disease. An association between the two has been recognised for years, but nobody was sure if poor gums were merely an indicator of deeper problems in the heart and arteries.

But studying reactions in laboratory mice, the researchers found that oral bacteria released into the bloodstream caused inflammation in the arteries and heart, which in turn triggered the release of cholesterol as a repair agent, and this caused atherosclerosis, or hardening of the arteries.

They hope that heart associations will acknowledge the importance of gum disease as another major factor in causing heart disease. (Source: *Proceedings from the annual meeting of the American Society for Microbiology*, 19 May 2014)

## New routine heart test doubles chances of surgery

November 24, 2011

A new routine diagnostic test for coronary artery disease – which most doctors will be using in the next five years – doubles your chances of surgery, which may be unnecessary and even fatal.

The CT angiogram is fast replacing the standard stress test in doctors' surgeries, and uses intravenous dye and CT scanning technology to provide an "inside view" of the coronary arteries. The stress test uses a gym bike or running machine, followed by a simple check of the heart's functioning.

But the new procedure is doubling the rate of invasive cardiac procedures, including surgery, researchers from Stanford University School of Medicine have discovered. Lead researcher Mark Hlatky wonders just how many of these invasive procedures are necessary. "If you pull a 75-year-old off the street and give him this test, it's unlikely the coronary arteries will be completely normal," he said.

And he doubts whether the patient is helped by having a procedure such as coronary revascularization. Worse, early signs suggest that it could be fatal after six months. (Source: *Journal of the American Medical Association*, 2011; 306: 2128-36).

## Drugs in 'Echo' heart test: life-threatening?

December 1, 1994

Echocardiography a diagnostic test on the heart using soundwaves is more dangerous than had been thought, and could lead to life-threatening complications.

The first major study into the procedure discovered that it can be life threatening in one in 210 cases which required special treatment or a stay in hospital. In addition, there were two cases of heart attack after the procedure had been completed.

Five other cases also reported hallucinations for several hours.

These disturbing findings were based on 2,949 procedures carried out in 24 laboratories in Italy, by far the largest study into the safety of the test.

The new study, monitored by Dr. Eugenio Picano *et al* from the Institute of Clinical Physiology in Pisa, concluded that the test had "more frequent, serious and unforeseeable side effects" than earlier studies had indicated.

The procedure involves the use of two drugs dobutamine and atropine and had been gaining acceptance for its safety and accuracy (Source: *The Lancet*, 29 October 1994).

## Check your mouth to discover your chances of heart disease

April 16, 2014

What are your chances of developing heart disease? Just look in your mouth to find out. People with bad teeth or bleeding gums are far more likely to suffer from cardiovascular disease – and dental problems may not just be a warning sign, they could even be the cause.

The link between bad teeth and gums – known as periodontal

disease – and heart disease is strong, say researchers from the University of Uppsala in Sweden, who analysed the overall health and lifestyle of 15,000 heart patients.

Of these, 16 per cent had no teeth, and 41 per cent had fewer than 15 teeth remaining. Around 26 per cent said their gums always bled when they brushed their teeth.

The jury's out, however, over whether bad teeth are a marker for poor health generally or are a cause of heart disease.

(Source: *European Journal of Preventive Cardiology*, 2014; doi: 10.1177/2047487314530660)

## Diet Drinks...Heart Disease And More

Dr. Betty Martini, D.Hum  
May 22, 2014

Recent studies have shown that aspartame causes heart attacks and strokes. In *Aspartame Disease: An Ignored Epidemic* by H. J. Roberts, M.D. [www.sunsentpress.com](http://www.sunsentpress.com) Dr. Roberts explains that aspartame causes an irregular heart rhythm, interacts with all cardiac medication, damages the cardiac conduction system and causes sudden death. This has been known for years.

So many end up with myocardial infarctions, then by-pass surgery, just as President Clinton did and my own brother, a green beret. Even though I told my brother this would happen he said he was too addicted to get off. He was suffering from an irregular heart rhythm and drinking Diet Coke. Then he had a heart attack and then by-pass surgery. We finally got him off but the damage was done and eventually he was air-lifted to the VA Hospital for a pacemaker. Read on. (See more info on [www.mpwhi.com](http://www.mpwhi.com).)

Lots of women looking to cut back on sugar and extra calories drink diet soda several times a day. It contains absolutely no calories, so many people feel they can consume as much as they want without risk of weight gain. However, diet drinks have increasingly been linked with a variety of problems, including new research that shows that women who frequently indulge in diet beverages may face an increased risk of heart disease – and potentially death.

The study, which took place at the University of Iowa Hospitals and Clinics in Iowa City, found that those women who consume diet sodas daily have a substantially greater likelihood of experiencing a cardiovascular event and are also more likely to die from the occurrence. The subjects were 59,614 middle-aged American women who were participating

in the Women's Health Initiative Observational Study. All of the volunteers completed surveys about their dietary habits that included beverage preferences with a specific focus on consumption of diet drinks over the course of the previous three months.

Almost nine years after the start of the research, the scientists followed up on how the participants were faring in their cardiovascular health. Of the women who reported drinking two or more diet beverages on a daily basis, 8.5 percent had developed heart disease. In comparison, 6.8 percent of the women who reported drinking less than five diet beverages a week had heart disease, along with 7.2 percent of the women who reported drinking no diet beverages or only having them once or twice a month. That might not seem like a tremendous difference, but when looked at another way it shows that those who consume two or more diet drinks every day have a 30 percent higher risk of having a heart attack or similar cardiovascular issue. And strikingly, those women are also 50 percent more likely to die than are their counterparts who infrequently or never choose diet drinks.

The study was not designed to prove that diet sodas cause these negative health effects, but it does establish an association. However, there remains the possibility that it is not the artificially sweetened drinks themselves that are raising cardiovascular risks for the women, but other bad lifestyle choices they make. Perhaps they are trying to save the calories in their beverages because of unhealthy junk food they are eating or the fact that they forgo exercise. How many people do we know who order the jumbo double burger with a side of biggie fries, but then order the large diet soda to have with it – as if that made everything alright?

At any rate, even if the diet drinks themselves don't promote heart disease, they have been linked to other ill effects in numerous studies. A 2012 study at Harvard School of Public Health and Brigham and Women's Hospital in Boston found an el-

evated incidence of leukemia, non-Hodgkins lymphoma, and other blood cancers among those who regularly drank diet sodas. It may affect mental health as well, as a 2013 study at the National Institutes of Health in Bethesda, Maryland, showed an association between the intake of diet drinks and a greater likelihood of a clinical diagnosis of depression. Plus, diet sodas don't appear to be a very useful way to help control weight since a 2008 study at Purdue University in West Lafayette, Indiana discovered that the consumption of artificial sweeteners can actually make you fatter.

On the bright side, at least soda consumption seems to be on the wane these days. According to news from *Beverage Digest*, an industry information service, Americans drank 51 gallons of soda on average in 1998, whereas the current number is down to 44 gallons. While that's still quite a bit of soda, it is 20 percent less, which is definitely a trend in the right direction. And when the statistics are broken down further, it seems that artificially-sweetened sodas are dropping in popularity even more notably than their sugary cousins. In 2013, overall soda sales dropped by approximately three percent, and sales of diet sodas fell by six percent.

There's no clear answer why soda is losing some popularity. Maybe people are starting to pay a little more attention to soda's potential health effects, or at the very least don't want to keep it in their homes for regular consumption. But it is positive news, whatever the reason. When you want a calorie-free drink, water is always a better choice than diet drinks.

So, how many calories are really in the drinks you consume? Click here for more information: <http://jonbarron.org/article/liquid-calories-make-you-fat#.U35qWh-w3Udo>

Betty Martini  
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## Here's Something You Should Know Before Googling Your Symptoms

By Pamela Engel  
May 28, 2014

It might not be wise to trust Wikipedia, the sixth most popular website on the internet, to provide accurate medical information. A recent study shows that Wikipedia articles about medical conditions are likely to be rife with errors.

Researchers looked at Wikipedia articles for the 10 most

costly medical conditions in the U.S. – including coronary artery disease, lung cancer, depression, osteoarthritis, hypertension, diabetes, and back pain – and found that nine out of 10 contained information that is not in line with the latest medical research.

Anyone can edit Wikipedia entries, and medical information is complicated and ever-evolving, so this shouldn't come as a surprise. That said, it also shouldn't be interpreted as evidence that Wikipedia is uniquely unreliable.

**FULL STORY HERE:** <http://www.businessinsider.com.au/dont-rely-on-wikipedia-to-provide-accurate-medical-information-2014-5#ixzz331BdKcaO>

# Sudden heart attack: This may save your life

By Ronald Grisanti D.C., D.A.B.C.O., D.A.C.B.N., M.S.

People who have heart attacks usually ate a meal cooked in vegetable and hydrogenated oils.

The sad news of the passing of Soprano star, James Gandolfini, (better known as Tony Soprano) presents a case of sudden death from heart failure.

The news reported that the 51 year old James Gandolfini had eaten back-to-back orders of fried prawns accompanied with mayonnaise chili sauce during a 7pm meal, just hours before he suffered a fatal heart attack.

Was there a connection to his last meal and his sudden death?

I believe there was.

For decades scientists have known that a single high-fat meal causes short-term enhancement of platelet activity. In other words the high fat meal makes the blood eager to clot.

Now for functional medicine practitioners, we understand that we are NOT talking about good fats like coconut oil, avocados, nuts, etc.

What may in fact be a lethal combination for high risk cardiovascular individuals include fried foods, high consumption of denatured polyunsaturated foods (corn, cottonseed, safflower oils) and all hydrogenated oils and trans fats.

Since most of us are not perfect and we like to indulge periodically, functional medicine doctors recommend the following nutrients that can inhibit or turn off this postprandial platelet hyperactivity. They include: vitamin E (mixed tocopherol-tocotrienol combination), arginine, magnesium, taurine and acetyl L-carnitine .

These nutrients have been reported to turn off this exaggerated clotting response triggered by a high fat meal that leads to a massive heart attack.

So after a night on the town and the occasional treat of eating a high (bad) fat meal, functional medicine practitioners recommend you take the above nutrients to "decrease" this cardiovascular risk. *[On a low, fixed income it's very difficult/unaffordable to take all those nutrients. I settle for the excellent mineral, MAGNESIUM; but don't waste your money on Magnesium OXIDE which predominates in many expensive bottles of Mg in the chemist/health food shop. Only 4% Magnesium OXIDE is assimilated in your body – the rest is excreted in your faeces. – Ed.]*

**SOURCE:** <http://www.sott.net/article/279846-Sudden-heart-attack-This-may-save-your-life>

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## Most doctors who were terminally ill would AVOID aggressive treatments such as chemotherapy – despite recommending it to their patients

88% of doctors would choose "do not resuscitate" orders for themselves. However, most pursue aggressive, life-prolonging treatments for patients. This could be because the medical system rewards doctors for taking action. The researchers say there is a "tipping point" where the high-intensity treatment becomes more of a burden than the disease itself.

By Emma Innes  
May 30, 2014

Most doctors would turn down the option of aggressive treatment if they were

terminally ill, a study has found. They say they would opt for a "do not resuscitate" approach should they find themselves on the receiving end of medical treatment.

Yet they tend to pursue aggressive, life-prolonging treatment for patients facing the same prognosis, Stanford University School of Medicine found.

However, studies found many patients would prefer to die at home without life-prolonging interventions but are often ignored.

The study, published in the journal PLOS ONE, found 88.3 per cent of doctors would choose "do not resuscitate" orders for themselves and argued the reason behind this disparity and how patients are treated needed to be better understood.

Clinical associate professor of medicine Dr. VJ Periyakoil said: "Why do we physicians choose to pursue such aggressive treat-

ment for our patients when we wouldn't choose it for ourselves? The reasons likely are multifaceted and complex."

As a geriatrics doctor she understands the difference between the type of care doctors want for themselves at the end of life and what they actually do for their patients.

She argued it was not down to doctors trying to make more money or because they are intentionally insensitive to their patients' desires.

At the core of the problem, she believes, is a medical system that rewards doctors for taking action, not for talking with their patients.

**Read more:** <http://www.dailymail.co.uk/health/article-2643751/Most-doctors-terminally-ill-AVOID-aggressive-treatments-chemotherapy-despite-recommending-patients.html#ixzz33L12wLW2>

## This 122 Year Old Woman Has A Secret to Longevity

By Dr. Bruce King

The primary determinant of health for the average person is thought. Not genetics, not exercise or nutrition, but



the mind. This has been shown over and over again by the scientific fields of psychoneuroimmunology, psychoneurocardiology, psychoneuroendocrinology, not to mention cancer research and all the various psychosomatic disorders that have been studied.

If you doubt that thought affects health then I will be happy to have a truckload of research evidence dumped at your doorstep (at your expense) that you can take the next few years perusing. On second thought, why don't I just relate a

story.

The oldest documented person who ever lived was a French woman named Jeanne Calment who made it to 122 years, 164 days on this earth.

What was her secret? According to French researcher Jean-Marie Robine, "She never did anything special to stay in good health."

Jeanne Calment smoked cigarettes (started at age 21), drank port wine and ate a couple of pounds of chocolate sweets a week until she was 119 years old.

She credited her longevity to laughing a lot and not getting stressed out. She is quoted as saying "If you can't do anything about it, don't worry about

it."(1) It probably didn't hurt that her life circumstances – born into wealth and married wealth – enabled a life of ease and comfort; in other words, no mental stress.

Let's contrast this with someone I knew personally that lived a very healthful lifestyle, ate right, exercised and could be described as being disgustingly healthy. He dropped dead of a heart attack at age 61. Funny enough, this didn't surprise me because I knew this person had a type "A" personality. I also recall never

having seen him laugh; not even once.

Personal stories are all well and good but what does the research say about thought and the major causes of death – heart disease and cancer? The studies on thought and cardiac disease are so well known there is really no point in covering it, but what about cancer?

According to the *Journal of Psychosomatic Research*, "Extreme suppression of anger was the most commonly identified characteristic of 160 breast cancer patients." (2)

In other research: "Extremely low anger scores have been noted in numerous studies of patients with cancer. Such low scores suggest suppression, repression, or restraint of anger. There is evidence to show that suppressed anger can be a precursor to the development of cancer, and also a factor in its progression after diagnosis." (3)

In my opinion, the most interesting thing in this article is that a woman who lived 122 years smoked cigarettes for 100 years without any ill effect. Why didn't smoking lead her to an early grave? I would say, "Because thought is more important than lifestyle."

### Notes:

1) Retrieved April 28, 2014, from <http://anson.ucdavis.edu/~wang/calment.html>

2) *Journal of Psychosomatic Research* Volume 19, Issue 2, April 1975, Pages 147–153

3) *Cancer Nurs.* 2000 Oct;23(5):344-9.

**SOURCE:** <http://www.collective-evolution.com/2014/05/02/this-122-year-old-woman-has-the-most-important-secret-to-a-life-of-longevity/>

## Why antibiotics are making us all ill

Scientist Martin Blaser argues that we are suffering from a new wave of "modern plagues" such as obesity and asthma because we have destroyed the naturally-occurring bacteria in our bodies

Each of us hosts a similarly diverse ecology of microbes that, over eons, co-evolved with our species. They thrive in the mouth, gut, nasal passages, ear canal

and on the skin. In women, they coat the vagina. The microbes that constitute your microbiome are generally acquired early in life; surprisingly, by the age of three, the populations within resemble those of adults. Together, they play a critical role in your immunity and ability to combat

**"We have found this in mice and we have found that human children (in England, participants in the Avon longitudinal study of parents and children) who received antibiotics in the first six months of life were more likely to be fat at the age of seven years than children who didn't receive antibiotics during that same period, when we took into account other important factors."**

disease. In short, your microbiome keeps you healthy. And parts of it are disappearing. (snip)

"From seeing the changes induced by these exposures to antibiotics, we have realised that early life is a key window of vulnerability. Young children have critical periods for their growth, and our experiments are showing that the loss of friendly gut bacteria at this early stage of development is driving obesity.

**SOURCE:** <http://www.theguardian.com/society/2014/jun/01/why-antibiotics-making-us-ill-bacteria-martin-blaser>