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Always read the label and use only as directed. Supplements should not replace a balanced diet. If symptoms persist, please see your healthcare professional.
Public demand for the use of natural medicine is forcing a paradigm shift in Western medicine – and a key issue is how medical doctors will respond.

Disregarded as “fringe” for years, today complementary and alternative health (CAM) now claims undisputed territory.

A 1999 study in Canada found US$3.8 billion annually spent on out-of-pocket costs for visits to natural health practitioners; by 2003, 35% of adult Canadians had visited a natural health practitioner in the previous year.

A 2005 US report found consultations with natural health providers surpassed those given by primary care physicians – now 42% of those aged 18 or over in the US used some type of alternative care in the past year.

A 2005 US report found consultations with natural health providers surpassed those given by primary care physicians – now 42% of those aged 18 or over in the US used some type of alternative care in the past year.

In New Zealand, a 1997 survey found 74% of households were using natural remedies while a more recent study of GPs found 20% practiced one or more complementary therapy, with almost 95% referring patients for CAM therapies.

Yet given an environment where many medical doctors act as gatekeepers in not referring patients for CAM therapies – and that orthodox medicine still retains a powerful hold on health legislature, will this openness continue? Or will protectionism rule?

In their paper “Complementary Medicine: Knowledge, Use And Attitudes Of Doctors” Deborah Ann Botting and Richard Cook tracked the history of a gradually enlightening medical landscape.

One of the earliest studies on doctor’s attitudes towards CAM (which covers around 160 different therapies from acupuncture and osteopathy to hypnosis and homeopathy) came in 1983.

That study found 20% of doctors using natural therapies to treat patients; over a third had referred patients for CAM and about 80% wished to learn at least one CAM therapy, with hypnosis being the first choice.

By 1986, another study highlighted that younger GPs were nine times more likely to refer patients to a non-medically qualified practitioner than older colleagues and that they were most positively influenced by “unscientific information such as observed effects of complementary therapies on one or two patients and personal or family experience of benefit”.

In 1987 a study of GPs in Oxfordshire, England found that 41% had attended a lecture or class in CAM; 31% believed they had a working knowledge of alternative medicine: 12% had received training; 42% wanted further training and 95% of the doctors had patients discuss CAM with them during the previous year. A British study examining attitudes of hospital doctors, GPs and medical students towards natural medicine found in 1994:

- 12% of hospital doctors and 20% of GPs practising alternative medicine
- Acupuncture equally popular with both groups; homeopathy most commonly being practised by GPs
- 70% of hospital doctors and 93% of GPs had suggested referral of a patient to a CAM therapist on at least one occasion
- Osteopathy was the most common referral by GPs and acupuncture by hospital doctors
- 85% of medical student felt that alternative medicine should be available on NHS, compared with 76% of GPs and 69% of hospital doctors.

By 1997, a study to determine the use of and attitudes towards CAM among GPs in south west England found 68% of respondents were active in natural medicine. Chiropractic, acupuncture and osteopathy were considered the three most effective treatments, with the majority of GPs believing they should be funded by the NHS.

GPs who had more doubts about CAM were more likely to be male, over 50 and working alone in a practice.

A year later, a paper examining 25 international studies into CAM discovered “large numbers of physicians were referring or practising the better known forms of complementary medicine”.

New Zealand’s visionary doctors

In NZ, one strong example shows this new “integrative” or “hybridised” face of modern medicine.

Dr Paul Butler is at the forefront of spanning the orthodox and alternative. As Chairman of the Auckland Faculty of the College of General Practitioners, Paul is also a Trustee of the Wellpark College of Natural Therapies, a natural health training institute (www.wellpark.co.nz).

At his Milford, Auckland, general practice (Milford Family Medical and his new CAM centre, Inside Health in the same building, Paul works alongside a diverse team including general practitioners, psychologists, naturopaths, nutritionists, cranio osteopaths, massage therapists, hypnotherapists, yoga practitioners, an acupuncturist and a breast thermography technician.

Paul was and is a GP which means that he’s at the coalface of the changing paradigm.

“General practitioners seem to be much more aware of the interest in natural therapies amongst the public. Doctors working in secondary care (hospitals) and specialists – apart from a few I’ve met – are lagging in their awareness of the potentially very positive role combining natural therapies with conventional care.”

Regardless of the impressive statistics showing people are now willing en mass to spend their dollars on integrated health care, the jury is still out as to whether or not Paul Butler and other doctors like him will be able to prevail.

Often they are up against an entrenched medical mindset that still favours pharmaceutical drugs and other aggressive treatments and the big Codex Alimentarius movement which threatens the future of CAM practitioners and the nutritional supplement industry. – Kimberly Paterson

Kimberley Paterson is a journalist and author who has spent 25 years writing on natural health & spirituality for the mainstream media. She currently runs Soul PR (www.soulpc.com), an ethical, visionary public relations company.
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www.naturalmedicine.net.nz 5

NZ Journal of Natural Medicine: November 2011 - February 2012
Hi Folks. I thought I’d forward you an email I sent to our “esteemed leaders” in Wellington re: Codex Alimentarius which they euphemistically call Natural Health Products Bill 2011. I had a positive response from the electoral office Grant Robertson MP for Wellington Central who is one of Labour’s spokespersons for health. I also bcc’ed all the daily newspapers in NZ. Cheers jb

Hi. Thank you for taking the time to read my email.

I would like to express my concerns and objection to the proposed Natural Health Products Bill 2011.


How did this come about? i.e. who lobbied for this?
What is the rationale behind this bill?
Who benefits and how?
What are the implications e.g. for the intravenous administration of vitamin C?

The Bill seems an awful lot like the first step towards the draconian measures recently taken in the EU and what the US FDA is currently trying to push through. This is obviously part of the globalist initiative Codex Alimentarius. My concern is that the Natural Health Products Bill 2011 will follow the same guidelines.

I’m concerned and suspect this Bill will require manufacturers to conduct outrageously expensive studies using absurdly high doses, in some situations (as in the US) multiplied by a “safety factor” up to 2000-times the recommended dosage on a per product basis. That is precisely the intention of the US FDA. That means that even certain nutrients that have been safely used over the course of decades will be subject to oppressive policies that mandate costly animal testing. The risk is that few supplement makers will be able to afford these “safety” studies, which means that many of the nutrients we now purchase at low prices will convert into high-priced drugs. Importers and distributors will have to jump through many regulatory “hoops” that it will simply not be worth their while. Is this the intention of the NZ Govt through the Natural Health Products Bill 2011? Is it a possible implication? Could that become the case over time?

Will the new guidelines be modelled on those in place for food additives? Will this clash with any laws that protect consumer access to dietary supplements, which classifies dietary supplements as foods, not food additives – or have those laws been conveniently revoked? Does the Bill propose that new dietary supplement ingredients adhere to aggressive safety margins, which are typically reserved for chemical compounds known to be dangerous in all but the most minuscule concentrations? Does the Bill intend to impose the same limits upon dietary supplements that are already in place for food additives or preservatives such...
as aspartame, monosodium glutamate, sodium fluoride and sodium nitrate – that are known to cause cancer or other severe health problems?

When someone takes a dietary supplement, their intent is to positively affect the structure or function of their body in some way, therefore, limiting dosages of dietary supplements to physiologically inert levels defeats the entire purpose of supplementation with health-sustaining nutrients. Is there any risk that vitamins and minerals/nutrients shown to be completely safe in hundreds of human clinical studies would fail to accommodate the safety margins?

The US FDA’s new guidelines requires that each manufacturer of certain fish oils would have to conduct a one year study where animals would have to consume the human equivalent of 240,000 milligrams each day of fish oil. Another option under the FDA’s proposed mandates is to conduct a 90-day, 1000 – fold safety margin study in which two species of animals will theoretically consume the equivalent of 2.4 million milligrams of fish oil daily. We know of virtually no species can tolerate this high dose, so by default, FDA guidelines will make it impossible for certain omega-3 supplements to be sold. (Note: typical dose of omega-3 type essential fatty acids people take each day is around 2,400 mg – 100 times less than what the FDA proposes must be tested.) Does the Natural Health Products Bill 2011 intend to introduce such guidelines? Is it a possible implication? Could that become the case over time?

It appears that the Natural Health Products Bill 2011 is suggesting that dietary supplements are unsafe, and in order to “protect consumers” the “Authority” must place a stranglehold on the dietary supplement industry by requesting exorbitant safety testing. Is this the case? Will these safety thresholds be in excess of those required by pharmaceutical drugs despite studies showing supplements are far safer than drugs? Does the Natural Health Products Bill 2011 imply that dietary supplements such as vitamins and minerals/nutrients are unsafe? Does the Bill put “Natural Health Products” in the same category as “pharmaceutical drugs”? Could that become the case over time?

According to the 2001 report of the American Association of Poison Control Centers, of the substances implicated in fatal poisonings in 2001, 84.6 percent were pharmaceutical drugs, with analgesics being implicated as the primary cause of death in 32 percent of fatalities or 341 deaths.

Obviously there is a massive economic benefit for the drug industry if the Natural Health Products Bill 2011 follows the proposed guidelines that seem likely to be enforced by the FDA in the US and what is already in effect in the EU. Health conscious people who properly supplement slash their risk of degenerative disease. The FDA’s new rules, if enacted, will force the price of many supplements to surge upwards, while removing many effective ones altogether. That means that more aging people will have to rely on side effect laden prescription drugs to treat the degenerative diseases they will contract because they will be denied access to health-promoting nutrients. Is this the intention of the NZ Govt through the Natural Health Products Bill 2011? Is it a possible implication?

I also have reservations with Clause 45 referring to “delegations”. Given that the “Authority” can delegate to anyone (i.e. a third party) the power, functions or duties under this act and in turn that third party can delegate to a fourth party – there is a potential for a conflict of interest. It would make sense for people representing certain interests i.e. pharmaceutical drug companies to line up to be on the advisory panels.

The implementation of Codex Alimentarius, which this Bill seems to be the first step towards, will effectively deprive the people of NZ their health choices and freedoms. It will potentially have a detrimental impact on the health of many NZ’ers.

Why would the government of NZ seek to restrict the choices of New Zealanders? What are the benefits to the people?

I do not accept as Dr Coleman says that the Bill will give the public “confidence the products they are using are safe and the products must hold evidence to support the health benefits claimed by the manufacturer.” Clearly it’s more to do with “...oversee(ing) the estimated $760 million dollar natural health products industry...” If it’s about “consumer protection” what threat is the consumer being protected against? What threat do natural health products pose? Where is the evidence? Where is the public demand for protection against natural health products?

I hope you consider my concerns. Thank you for taking the time. I look forward your response to my concerns and questions.

Jerome Buckleigh
The Natural Health Products Bill has just passed its first reading in parliament.

Retiring Green MP Sue Kedgeley had the following to say about the bill: “It will set up a low risk regulatory scheme which is appropriate for the low risk nature of natural products; not a heavy handed regime...Before bringing a product to market, a business will have to enter product information onto an online, electronic data base. But virtually all ingredients and products that are already on the market will be automatically approved by the regulator, because any products that are used in other countries with recognised regulatory schemes will be automatically recognised, under our scheme.” http://www.greens.org.nz/speeches/natural-health-products-bill

There are mixed views of the bill given the low risks posed by natural health products. Some people question the necessity for any sort of regulation while many people in the natural health care sector appear to be happy with the bill.


Also on the NZ regulatory front is the Supplemented Food Guidelines which set out rules for “supplemented foods”. These rules include a list of allowable vitamins and minerals and maximum daily dosages for each. Vitamins and minerals other than those specified in the short list are not allowed to be included in “supplemented foods”. The regulations also list allowable artificial sweeteners – including aspartame. The standard came into force on March 31, 2010 and manufacturers also list allowable artificial sweeteners included in “supplemented foods”. The regulations include a list of allowable vitamins and minerals and maximum daily dosages for each.

The National Maori Organics Authority Te Waka Kai Ora has also stated its opposition to the Food Bill on the basis that it would undermine tino rangatiratanga (self determination), and could make nutritious food more expensive and thus undermine people’s health. http://www.scoop.co.nz/stories/PO1109/S00376/new-food-bill-presents-a-serious-threat-to-maori-food-sovere.htm

The Mana Party has stated that it will not vote for the Food Bill and fully supports Te Waka Kai Ora. http://www.scoop.co.nz/stories/PA1109/S00528/mana-opposes-food-bill.htm

Green MP Sue Kedgeley has stated that the Green Party “will likely vote against the Food Bill if it continues to progress through Parliament in its current form”. http://www.greens.org.nz/node/27110

There is an online petition against the Food Bill at this link http://www.petitiononline.co.nz/petition/oppose-the-new-zealand-government-food-bill-1602/1301 For further updates on this issue please see www.nzfoodsecurity.org

In more food madness in the USA, a Wisconsin judge has ruled that it is illegal for farmers to drink raw milk from their own cows. http://www.anh-usa.org/ denied-right-to-consume-milk-from-their-own-cows/

Also in the USA, the Food and Drugs Administration (FDA) has recently announced that it plans to treat new dietary supplements as if they were toxic food additives. The FDA’s New Dietary Ingredient guidelines issued on July 1, 2011 is being vigorously opposed by health freedom advocates in the USA. http://www.lef.org/featured-articles/0719_FDA-views-supplements-as-synthetic-food-preservatives.htm

In Europe the fight back against the Traditional Herbal Medicinal Herbal Products Directive which has made many traditionally used herbs and herbal formulae illegal in Europe, especially those used in Traditional Chinese Medicine (TCM) and Ayurvedic medicine. The Alliance for Natural Health International, together with the European Benfyt Foundation http://www.benefyt.eu/ have been working to oppose the directive. They have raised 90,000 pounds for an intial legal challenge to the directive. More information about the campaign for health freedom in Europe may be found here: http://www.anh-europe.org/node/3113

In late October and early November Ian Crane is visiting Australia and NZ from the UK. He will be speaking about the threat to health freedom posed by Codex Alimentarius. Details of his talks may be found here: http://www.ianrcrane.co.uk/index.php

Last but not least, there are important victories for health freedom with Taumaranui and Taranaki succeeding in stopping water fluoridation in their areas. Congratulations to everyone who helped achieve this! See www.fannz.org.nz for updates on this issue.
Grow your own first aid kit

It’s inexpensive to buy, easy to grow and it has a multitude of uses. Aloe vera is a living first aid kit.

Most people know that the gel from aloe vera leaves makes a great first aid treatment for burns, including sunburn.

Aloe vera contains allantoin which promotes tissue healing – hence its utility in healing burns. (For burns caused by contact with steam, hot objects etc, normal first aid measures such as cooling the area with cold running water should be used before applying aloe vera. Medical help should always be sought for second or third degree burns or for any burn that covers an area of skin equal to or greater than the palm of the patient’s hand – even if it doesn’t appear serious. Homoeopathy can also be very good for the shock, pain etc associated with burns – a guide to the homoeopathic treatment of burns can be read in issue two of The New Zealand Journal of Natural Medicine.)

Aloe vera gel can also be used to treat injuries such as bruises, sprains, cuts and abrasions, the gel being absorbed through the skin to provide a healing effect. In my experience, repeated applications can help to reduce the pain of an injury. (In the case of cuts or abrasions, these need to be washed to remove dirt or any other contaminants prior to applying aloe vera.)

Drinking aloe vera juice can also help with tissue healing. This can easily be made at home if you have a juicer by cutting off the skin, discarding any gel that is discoloured (yellowish colouration suggests that it contains anthraquinones which have a pronounced laxative effect) and putting it through the juicer. Or you can cut off the skin and put the aloe gel in a food processor with a little water. By the way, aloe vera juice is worth a try if you have arthritis. Years ago I suggested aloe vera juice to a lady with painful chronic arthritis that particularly affected her hands; her knuckles were quite swollen and red. She purchased a bottle of juice, drank it as directed and delightedly reported back to me that she was cured. Aloe vera juice has also been used as a home remedy for inflammatory bowel disease. A randomised, double-blind, placebo-controlled trial of oral aloe vera gel for active ulcerative colitis was published in 2004. It showed significant benefits. Forty-four evaluable hospital out-patients were randomly given oral aloe vera gel or placebo, 100 mL twice daily for 4 weeks. Almost a third of those taking the aloe vera juice experienced remission of their condition while 37% had an improvement in symptoms. http://www.ncbi.nlm.nih.gov/pubmed/15043514

(This being said, aloe vera does not suit everyone – energetically it is a cooling plant – so if you are experimenting with it as a home treatment and you don’t notice any improvement, it may be that it does not suit your constitution. It is also wise to start with small doses to see how your body responds.)

If you do decide to make your own aloe vera juice, make sure that you are using aloe vera or aloe barbadensis and not another aloe species. There are a number of aloe species (such as aloe aborescens) that may be mistaken for aloe vera. I have used aloe aborescens (which grows really well in Auckland) for topical uses and as suppositories (see below) however, when the leaf is first cut, a substantial amount of bitter smelling yellow liquid drips out. This is likely to be extremely high in cathartic constituents and I would not recommend anyone consume juice prepared from this plant.

Aloe vera gel can also be used after surgery – although if it is being used in hospital it is best to obtain a good quality commercial gel as medical staff may be uncomfortable with...
the idea of gel being applied directly from a leaf because of the possibility of bacterial contamination from the leaf surface.

Perry Bisman, father of Charlotte Cleverly (who developed meningococcal disease as a baby and became a quadraple amputee) described how aloe vera gel helped her recover from the amputations necessary to save her life:

“Cautious of infection, we found a medical grade aloe extract and applied liberally to her wounds. It has worked wonders as have the essential oils Pam uses on baby’s stumps. She not only has lovely soft skin (even if it is mainly scar tissue) but her physios and nurses say she is the nicest smelling baby they’ve ever worked with!”

http://www.baby-charlotte.co.nz/

Another use for aloe vera gel straight from the plant is as a home treatment for haemorrhoids. In this case, simply cut a small piece of leaf, peel off the skin and insert it as suppository at bedtime. This can give substantial relief from stinging, itching or burning. (The suppository can be removed in the morning or eliminated with the next BM.)

Aloe vera juice contains acemannan, a mucopolysaccharide that has immunostimulant properties. There has been some research into the use of acemannan (delivered by injection) as a treatment for cats and dogs suffering from fibrosarcomas. http://www.ncbi.nlm.nih.gov/pubmed/1768373

If you’re new to growing aloe species, you may want to grow them in a pot. They make great house plants and this gives you the option of having them outside in the summer but bringing them in during cold months to protect them from frosts.

If you’re away from home somewhere in NZ and become sunburned or are injured, help is never far away. The ubiquitous native NZ flax (Phormium tenax or Harakeke) is almost never far away, and from the base of this plant you can obtain a healing gel that has very similar properties to that of aloe vera. If you do need some gel, it’s important to cut the older leaves on the outer edge of the plant as cutting those from the centre of the plant will kill it. Cut the leaves at such an angle that rain falling on the cut leaf will drain away from the centre of the plant.

Naturally it’s important to use discretion when harvesting Harakeke leaves for medicinal use. Avoid those growing in areas of swampy ground where it may not be possible to cut leaves without their becoming contaminated with bacteria-laden water. In urban areas, avoid flax plants from areas where people exercise their dogs. I once found a thread worm wigging around in some flax gel that I obtained from a plant in a public park where dogs were permitted off-leash.

These cautions aside, Harakeke gel can produce similar effects to that of aloe vera when applied to burns, cuts, bruises etc. (I have no experience using it for haemorrhoids.) Incidentally a decoction of Harakeke root was used by pre-European Maori as a treatment for constipation – which was a common complaint during times of food shortages when starchy, but costive, bracken fern foots became a staple food item. This being said, Harakeke can have a dramatic cathartic effect so I would recommend against its use as a home remedy for constipation. It should definitely not be used during pregnancy.

Harakeke has a long history of being used for first aid applications with the broad strong leaves being used as bandages – they may be used to secure antiseptic (but poisonous) Rangiora (Brachyglottis repanda) leaves to wounds – or to splint broken limbs. Absorbent fibre obtained from the leaves called muka was also used in the treatment of bleeding wounds to help slow blood flow and thereby encourage clotting. (Clean spider webs were also used for the same purpose.)

Harakeke also has nectar filled flowers that are much loved by tuis and bellbirds, making this plant not only a useful healing resource but a boon for native birds who will repay you with song. When the thick stalks that bear the flowers have produced their seeds and dried out, the stem wood can be cut down. It is very light (similar in buoyancy to balsa wood, although it is not fine-grained) and children can enjoy making it into waka (doubled hulled canoes are more stable) or rafts to play with on an outing to a local stream, pond or beach.

Aloe barbadensis

Harakeke (NZ Flax)
Cancer from your laundry detergent?

Laundry detergents spread cancer-causing chemicals into the home

September 1, 2011

Top-selling liquid laundry detergents contain cancer-causing chemicals that can leak into the home from a washing machine’s air vents, researchers have discovered this week.

The detergents contain an average of 25 volatile organic compounds, including seven hazardous air pollutants, two of which are carcinogenic, or cancer-causing. The compounds make their way into the home from the washing machine’s air vents, and also into the public water supply, say researchers from the University of Washington.

The research team made the discovery after testing for fumes from leading laundry detergents. They estimate that washing machines emit around 6 per cent of the cancer-causing compound acetaldehyde that cars’ exhausts expel into the atmosphere.

“These products can affect not only personal health but also public and environmental health. Emissions from dryer vents are essentially unregulated and unmonitored, unlike the emissions from smokestacks and tail pipes (car exhausts),” said lead researcher Anne Steinemann.


Vitamin C helps the asthmatic child

September 8, 2011

Vitamin C can help the asthmatic child, a fact that has been known since the 1940s – and which has been tested successfully this week.

Giving just 0.2 grams of vitamin C every day to the asthmatic child increases lung capacity by 37 per cent, researchers from Tanta University in Egypt have found.

The effect was greater in the younger children – usually those aged between seven and eight years; lung capacity improved by just 21 per cent in children aged up to 10 years, they found.

The vitamin also works better in children whose asthma is mild. It had the smallest effect on older children whose asthma was severe.

Their findings may explain why vitamin C therapy has not been adopted as a standard therapy since it was first suggested in the 1940s. The results are variable, and seem to depend on the age of the child and the severity of the condition.

But in younger children with mild asthma, the results are every bit as promising as those that can be expected from a drug.

(Source: *Clinical and Translational Allergy*, 2011; 1: 9).

One drug Leads to another

September 8, 2011

It could be called the slippery slope of pharmaceuticals: once you start taking one drug, you’ll quickly need another.

Researchers have outlined the familiar pattern by reviewing the drug-taking profile of the typical arthritis sufferer, who takes an NSAID for the inflammation, then a proton pump inhibitor to stop stomach damage the NSAID might cause – and the combination of the two harms the small intestine…and so another drug is needed.

The new study is the first to recognise that the combination of the two drugs causes damage to the small intestine – and that is a far harder problem to resolve than any harm the NSAID might do to the large intestine.

The combination is typical in the arthritis sufferer, say researchers from the Farncombe Family Digestive Health Research Institute. The arthritis sufferer takes an NSAID – such as aspirin – to reduce inflammation and control joint pain. But the patient knows that NSAIDs cause stomach bleeding and ulcers – so he also takes a proton pump inhibitor to reduce stomach acid, and so lower the NSAID’s risks. But the chemical cocktail of the two drugs damages the small intestine, which suggests yet another drug. However, say the researchers, probiotics may be a non-drug solution to the problem.

How governments mislead women on breast cancer screening

September 1, 2011

Health officials are seriously misleading women about the benefits of regular breast cancer screening, researchers say.

Women over the age of 50 are encouraged to have regular mammogram screening — but this advice is based on evidence that is 25 years out of date, and has since been proven to be wrong.

Health agencies, such as the UK’s National Health Service, are downplaying the very real risks of mammographic screening and exaggerating the benefits, say researchers from the Nordic Cochrane Centre.

Even the very latest leaflets about the mammogram service in the UK continue to perpetuate the myths about the benefits of regular screenings, although health officials had promised to modify their advice to women in the light of new research published over the past five years.

“If screening was a drug, it would have been withdrawn. You don’t market a drug that harms so many people for such uncertain benefit,” said researcher Peter Gotzsche, from the Nordic Cochrane Centre. Mammograms detect all breast abnormalities, many of which are benign and yet which are still treated — unnecessarily — with surgery, radiotherapy and chemotherapy. The Cochrane researchers estimate that for every case of aggressive breast cancer that mammograms discover, they also find 10 benign cases that could be left well alone.

(Source: Journal of the Royal Society of Medicine, 2011; 104: 361-9).

Breast cancer: X-ray link

October 1, 1995

The high rate of breast cancer in the US is caused by liberal use of medical x-rays, a leading expert has claimed.

Many women were given high doses of x-rays by doctors before the carcinogenic effects of radiation were appreciated.

Probably 75 per cent of all the 182,000 cases of breast cancer reported in the US every year are due to medical x-rays, he says.

The claims are made by John Gofman, professor of molecular and cell biology at the University of California, after he studied medical research going as far back as 1910.

But Gofman’s conclusion has not impressed many cancer experts, who fear that many women may be frightened off from having mammograms, which supposedly detect early cancers.

Since preparing his book, Preventing Breast Cancer, Gofman has increased his estimates of cancers caused by x-rays to 90 per cent.

He points out that x-ray therapy was once very prevalent, being used to treat a range of conditions from pneumonia to acne and hair removal. Gofman estimates that women’s breasts receive 0.4 rad of medical x-rays a year for each year of life; then, comparing that dosage with the levels suffered by Japanese atomic bomb survivors, he calculated that 114,000 women, or 62 per cent of those diagnosed every year with breast cancer, could blame x-rays as the cause. But, he added, as he had built in so many caveats, he increased the figure to 75 per cent to give a fairer indication.

(Preventing Breast Cancer, by Dr John Gofman, published by the Committee for Nuclear Responsibility, Inc., San Francisco, California).

Source: http://www.wddty.com/breast-cancer-x-ray-link.html

Newspaper deletes MMR-autism evidence

August 11, 2011

The Guardian — a major UK newspaper — has been caught out deleting evidence on its website that demonstrates the MMR vaccine can cause autism.

The evidence — posted on the newspaper’s blog section — was deleted within minutes. It included links to comments made by Julia Gerberding, then a director of the US Centers for Disease Control, the US Health Resources Services Administration and the US Federal Court that all accepted that the vaccine can cause autism. The pressure group, Child Health Safety, had posted the links.

In 2009, The Guardian set up a joint collaboration with the British Medical Journal to present ‘evidence-based’ medical information. This year, the BMJ was forced to admit that it receives advertising and sponsorship money from Merck and GlaxoSmithKline, which both manufacture the MMR vaccine, following several pro-vaccine articles it had published.


MMR vaccine can cause blood disorder

March 13, 2008

There’s more bad news for advocates of the MMR (measles-mumps-rubella) vaccine with the discovery this week that it can cause a blood disorder. Researchers have found that it may trigger immune thrombocytopenic purpura (ITP), an immune system malfunction that destroys the body’s own blood platelets.

The effect seems to last for an average of seven days, during which time the child’s platelet count could fall.

The risk is relatively low, say researchers, and one case of ITP will be caused per 40,000 vaccinations. The risk appears to last for up to 42 days after vaccination.

Researchers from Kaiser Permanente Colorado, Denver analysed the health profiles of more than 1 million children who had been vaccinated. Of these, 259 developed ITP, and they concluded the vaccine was responsible for 76 per cent of these cases.

(Source: Pediatrics, 2008; 121: e687-e692).

Cancer: X-rays may be a bigger cause than doctors thought

September 18, 2008

X-rays and other medical scans could be playing a far bigger part in the spread of cancer than doctors had previously

(Source: Guardian, 2008; 104: 361-9).
thought. New research has discovered that x-rays are causing cancer in cells that are not directly targeted. The new study suggests that current estimates of cancers caused by radiation from medical tests are far too low, and that it may be a major carcinogen.

Italian researchers made the discovery while they were using x-ray radiation on mice. Neighbouring or ‘bystander’ cells were damaged, and became carcinogenic, through some kind of cell-to-cell communication or chemical signal. In the experiment, 62 per cent of mice who had whole-body irradiation developed tumours and died after around 23 weeks compared with 39 per cent of mice that were irradiated while enclosed in a lead shield.

Mice that were given a gene that made them prone to brain tumours didn’t develop cancer if they weren’t irradiated. (Source: Proceedings of the National Academy of Science USA, 2008; 105: 12445-12450).

**Processed red meats identified as major cause of diabetes**

August 11, 2011

Processed red meat – such as bacon, burgers and sausages – is a major cause of type 2 diabetes, the lifestyle disease that can lead to heart problems. Eating just 50 grams of processed meat each day – which is equivalent to one sausage or two slices of bacon – increases your risk of developing diabetes by 51 per cent. But there’s also a risk with eating any red meat, although it’s much lower than with processed meats. A 100 gram serving of unprocessed red meat – such as a small steak or a lamb chop – increases the risk by 19 per cent.

Researchers from Harvard School of Public Health say that substituting one serving of processed meat for a healthier option – such as nuts, whole grains, beans or fish – reduces the risk for diabetes by as much as 23 per cent. Overall, they say, try to avoid processed meat as much as possible, and reduce the amount of unprocessed red meat you eat.


**Symptoms of ageing are caused by drugs, new research finds**

August 3, 2011

Many of the problems associated with growing old – falls, unsteadiness and increased risk of stroke – are the direct consequence of taking a prescription drug, and now the SSRI antidepressants have been added to the list of culprits.

The SSRIs (selective serotonin reuptake inhibitors), which include Prozac, are often prescribed to the elderly to help them cope with their depression – but a new study has discovered they are the cause of symptoms that had been blamed on the ageing process.

The drugs quickened death, caused a stroke, a fall or fracture, triggered an epileptic fit and hyponatraemia (high salt levels in the blood), researchers from the University of Nottingham have discovered.

The researchers made the discovery after they analysed the health records of 60,746 patients aged 65 and older who had recently been diagnosed with depression. Of these, 89 percent had an antidepressant drug and 57 percent of these were for an SSRI.

The SSRIs (selective serotonin reuptake inhibitors), which include Prozac, are often prescribed to the elderly to help them cope with their depression – but a new study has discovered they are the cause of symptoms that had been blamed on the ageing process.

The SSRI drugs most likely to cause an adverse reaction were trazodone, mirtazapine and venlafaxine, and the risks were highest in the first 28 days of starting the drug and the 28 days after finishing drug treatment.

(Source: British Medical Journal, 2011; 343: d4551).

**Aspirin a killer when you have a heart problem**

August 2, 2011

Aspirin is supposed to help prevent heart disease – but once you have the problem, the drug can be fatal. People with high blood pressure (hypertension) and coronary artery disease increase their risk of dying by 47 per cent when they take aspirin and other NSAIDs (non-steroidal, anti-inflammatory drugs).

The NSAIDs also increase the risk of a non-fatal heart attack or debilitating stroke, researchers have discovered. To prove that it was the NSAID and not the hypertension that was to blame, researchers from the University of Florida compared two groups who either took an NSAID every day or infrequently.

(Source: American Journal of Medicine, 2011; 124: 614).

**70 per cent of people taking an anti-depressant aren’t even depressed**

August 9, 2011

Around 70 per cent of people regularly taking a powerful antidepressant don’t have depression, and they have never been diagnosed with any mental health problem.

And the doctors prescribing the drugs have no training in psychiatric disorders, a shocking new study has discovered. There has been a rapid increase in prescriptions for antidepressant drugs between 1996 and 2007 – and yet 72.7 per cent of these have never been diagnosed with any mental health problem, or had been seen by a specialist. In the US, around 8.9 per cent of the adult population takes an antidepressant.

And 80 per cent of the prescriptions were written out by general practitioners without ever referring to a specialist to confirm the diagnosis of depression, say researchers from the Bloomberg School’s Department of Mental Health.

(Source: Health Affairs, 2011; 30: 1434).

**Anti-depressants double the risk of another bout of depression**

July 20, 2011

People who take an anti-depressant are far more likely to suffer a recurring bout of depression than someone who decides on a non-drug approach.

Taking a drug almost doubles your risk of suffering a relapse, say researchers from...
Overall, depressed people who took no drugs or were given a placebo were 25 per cent likely to suffer a further episode in the future, whereas those who took an anti-depressant were 42 per cent more likely.

The researchers believe the drugs interfere with the brain’s self-regulatory processes in coping with depression, and that it over compensates when the drug treatment stops, triggering another depressive episode.

Depression may be a natural and beneficial process as the brain works to cope with stress or loss, the researchers conclude.


Eggs help reduce your chance of heart disease

July 7, 2011

Anyone who still doesn’t eat eggs because of the old dietary advice that they raise cholesterol levels needs to think again, and quickly. Eggs have this week been described as one of the “most perfect foods”, full of proteins, lipids, vitamins and minerals. And they protect us from heart disease – the very thing they were supposed to have caused.

Eggs are one of the richest sources of antioxidants, researchers have discovered this week. Two raw egg yolks have twice as many antioxidants as an apple and around the same as 25 grams of cranberries.

Once they are fried or boiled, eggs lose around half their antioxidants – but they are still the perfect start to the day, giving us protection against heart disease and cancer.

These are the latest discoveries of Jianping Wu of the University of Alberta, who is fast becoming a champion of the egg. In earlier studies, he established that eggs help produce peptides in the stomach, which act in the same way as ACE inhibitors, drugs for lowering blood pressure.


Human DNA in vaccines linked to rise in autism

July 12, 2011

A former drug company researcher has found a possible link between the MMR vaccine and autism. She has discovered that autism cases rose dramatically after human tissue was added to the vaccines. Cells derived from aborted foetuses are used in the manufacture of 23 vaccines given to infants and children, including the MMR (measles-mumps-rubella) shot – and researcher Helen Ratajczak has detected a sudden rise in autism cases from 1983 onwards when the MMR ‘mark II’ version was introduced.

The later version is contaminated with human DNA from cells, and this could be the cause of the sudden rise, says Ratajczak, formerly a researcher with Boehringer Ingelheim Pharmaceuticals.

Remnants of the DNA have been discovered on the X chromosome in eight genes associated with autism, which could also explain why boys are more likely to develop autism.

(Source: Journal of Immunotoxicology, 2011; 8: 68-79).

Failing eyesight can be stopped by vitamin D diet

July 7, 2011

Macular degeneration is one of the most common causes of eye sight loss – and you can reduce your chances of getting it, and even possibly reversing it, by eating a diet that is high in vitamin D.

In a study of identical twins, researchers discovered that those who smoked were far more likely to suffer macular degeneration – and those who ate vitamin D-rich foods, such as oily fish and milk, ran a far lower risk.

The research team, from Tufts Medical Center, also found that the nutrients betaine and methionine helped reduce the risk. Betaine is found in fish, grains and spinach, while methionine is in poultry, fish and dairy.


Massage clears up chronic back pain in 1/3 of sufferers

July 5, 2011

Many of us suffer from ‘nagging’ lower back pain that just won’t go away – and the answer isn’t painkillers or anti-inflammatory drugs. Instead, massage is so effective that a third say their pains disappeared or were much improved after 10 weeks of treatment.

Structural or relaxation massage is as effective as other non-drug therapies, such as acupuncture, exercise and yoga.

In a study of 400 people with chronic lower back pain of at least three months duration, researchers from the Group Health Cooperative found that both types of massage were extremely effective compared with a ‘do nothing’ approach.

Participants had a weekly massage for 10 weeks, by the end of which one third said the pain had gone completely or had improved. As a result, they were able to function better, and led more active lives, and were able to get to work every day.

(Source: Annals of Internal Medicine, 2011; 155: 1-9).

Intensive vaccine programme linked to higher death rate in infants

June 29, 2011

Are we vaccinating our children to death? Countries that have the most vaccinations – such as the US, Italy, Greece and the UK – also have the highest infant death rates, a new study has discovered.

The United States has the most intensive programme with 26 vaccines that a child is supposed to have in its first year – and it also has the worst mortality level, with six out of every thousand infants dying. Conversely, Sweden and Japan administer the fewest vaccines – there are just 12 in their programmes – and they have the lowest death rates with just 3 deaths per 1000.

Researchers Neil Miller and Gary Goldman also suspect that sudden infant death syndrome (SIDS) could also be the result of over-vaccination.
The researchers researched the vaccine programmes and infant mortality rates of 34 developed countries.

The UK, which has 19 vaccines in its programme, came 25th with 4.85 deaths per thousand.


‘Scientific’ drug trial caught out as yet another marketing exercise

June 29, 2011

Up to 80 per cent of ‘scientific’ papers that research the effectiveness and safety of a drug are nothing but marketing pieces, designed to drum up sales – and a new example has come to light this week.

A study on the epilepsy drug Neurontin (gabapentin) was a ‘seedling trial’ – it was marketing dressed up as science. The practice is unethical, say reviewers, because it misleads doctors into thinking it is a properly conducted trial and with outcomes they can trust.

The ‘scientists’ behind the study were marketing personnel, and the drug’s marketing department viewed the entire exercise as a way of drumming up sales.

(Source: Archives of Internal Medicine, 2011; 171: 1100-7).

Half of over-65s are taking a ‘lethal’ drug

June 28, 2011

Half of the over-65s are taking a combination of drugs that increases their risk of dementia and dying prematurely, a devastating new study has discovered.

The drugs, which include many household names such as codeine and warfarin, are ‘anticholinergic’ – an activity that prevents the brain from sending messages between nerve cells.

The most dangerous are antidepressants, tranquilizers, bladder medication, and antihistamines, researchers from the University of East Anglia discovered.

They assessed more than 80 common drugs for their anticholinergic effects, and 20 per cent of people taking a high-scoring drug, or combination of drugs, were dead within two years. This compared with just seven per cent of people who were taking drugs that were not anticholinergic.

A patient’s risk of dying increased by 26 per cent for each additional point – from zero to three - that a drug was ranked for its anticholinergic effect.

People taking a combination of drugs that had a combined anticholinergic score of five or more also had diminished cognitive abilities, the researchers found.

(Source: Journal of the American Geriatrics Society, published online, June 24, 2011).

This diet slows the growth of cancer – and reduces your chances of getting it in the first place

June 21, 2011

Scientists have stumbled on what they think is the best diet for preventing – and slowing the growth of – cancer. Just changing to the diet could dramatically reduce your risk, they say. The diet is a modification of the South Beach Diet, but with added protein.

Overall, it comprises just 15 per cent carbohydrate, 58 per cent protein, and 26 per cent fat. It goes against much of the current advice about a healthy diet, and yet it slowed tumour growth in a group of laboratory mice, who were also fed the standard Western diet.

Scientists from the British Columbia Cancer Research Centre reported that 70 per cent of mice fed the Western diet of 55 per cent carbohydrate, 23 per cent protein and 22 per cent fat died from cancer, compared with just 30 per cent of mice on the high-protein diet.

The high-protein diet also boosted the immune system’s ability to kill cancer cells and prevent obesity.

(Source: Cancer Research, 2011; doi: 10.1158/0008-5472-CAN-10-3973).

Homeopathy has a ‘clinically relevant’ effect way beyond placebo

June 14, 2011

Critics have always dismissed homeopathy as offering nothing more than a placebo effect – you just think it’s making you better. A new study has proved them wrong. Classical homeopathy has clear benefits to cancer patients that are “clinically relevant and statistically significant”, say researchers.

Classical homeopathy – where a specific remedy is chosen to complement the physical and emotional profile of an individual – had a dramatic effect on the quality of life of 259 cancer sufferers, who were being treated with chemotherapy. Their improvements were tracked against 380 other cancer patients, who were not given homeopathic remedies.

Most given a remedy found their fatigue improved, although their anxiety and depression levels – the ones usually associated with the placebo effect – did not alter over a three-month period. Improvements to fatigue levels continued to improve over a 12-month period.

The researchers from Albert Ludwig’s University Freiburg in Germany said they tried to match the patients as closely as possible, so that there were similar health profiles in the homeopathic and non-homeopathic groups.


Herbicide in your garden can cause birth defects, say scientists

June 21, 2011

The world’s most popular herbicide, used in gardens, parks and schools, causes birth defects. European regulators have known about this for more than 10 years, and done nothing about it, a group of scientists has claimed this week.

The risk of birth defects from Roundup pesticide, manufactured by Monsanto, was first picked up by the company’s own re-
searchers in the 1980s, say the scientists in a new report ‘Roundup and birth defects: Is the public being kept in the dark?’

The EU Commission’s own expert panel told regulators in 1999 that glyphosate in Roundup caused birth defects, something that German government investigators had acknowledged a year earlier.

In 2002, the EU Commission declared Roundup was a safe product – and, under lax regulations, it may not review the product again until 2030.

Because of this rubber-stamping, Roundup is used by gardeners in the home, in parks, in schools and in public areas as well as on farms.


**Doctors the source of new epidemic of drug abuse**

June 14, 2011

Negligent over-prescribing of drugs by doctors is the source of ‘Pharmageddon’, an epidemic of abuse that is sweeping the US and other countries. Without carrying out a proper medical, doctors are handing out the drugs to young addicts. As a result, many young people have died in what President Obama has described as the US’s fastest-growing drug problem.

Pharmageddon starts at the doctor’s surgery. Lynn Kissick’s two daughters died just three years apart after they became addicted to prescription drugs, she has told BBC reporters.

“There’s a lot of doctors that just write out a prescription and say ‘here you go’. And it doesn’t matter if my daughter dies from it. Or your child. They don’t care. They don’t know them,” she said from her home in Morehead, east Kentucky.

The problem appears to be prevalent in the US’s rural areas, although it is affecting every part of the States, and may well be happening in other countries too.

Dan Smoot, who helps run Unite, an initiative that is attempting to deal with pharmaceutical addiction, estimates that up to 80 per cent of the inmates of the local detention centre are there because of their addiction.

(Source: BBC website).

**Threatened Chinese and Ayurvedic herbs help fight cancer, lung disease and infection**

June 7, 2011

Chinese and Indian Ayurvedic medicines are under serious attack in Europe – and yet three studies have recently proven they can help in the treatment of cancer, in easing a lung condition, and they may well hold the answer to the antibiotic-resistant superbugs.

The studies were published just three weeks after the EU’s Traditional Herbal Medicinal Products Directive came into force, and all Chinese and Ayurvedic products were removed from the shelves.

All practitioners will have to be registered with a recognised professional trade body by April next year, or they will be forced to cease practice, and the remedies will be completely unavailable to the public – other than from a conventional doctor.

The first study has discovered that the Indian spice, turmeric, which contains curcumin, can help in the treatment of head and neck cancers. The spice stops the cells’ resistance to the chemotherapy.

In one study, oncologists were able to reduce the dose of the chemotherapy drug, cisplatin, by a factor of four, and still get a positive outcome, after the patients had been given the spice.

In the second study, a Traditional Chinese Medicine (TCM) herbal paste – Xiao Chuan can help ease the worst symptoms of the lung condition COPD (chronic obstructive pulmonary disease) during the winter. The paste has been used to ease breathing difficulties in China for more than a thousand years.

In the third study, several herbal remedies from the Ayurvedic tradition have been found to act as an effective antibiotic against infections following chemotherapy after the immune system has been impaired. Herbs that were tested included wild asparagus, desert date, false daisy, curry tree, caster oil plant and fenugreek.


**The two keys to healthy ageing – you’re probably deficient in both**

June 7, 2011

You are probably deficient in two key vitamins and minerals that will determine how well you age. Selenium is vital for cell health, and any deficiency could trigger any of the age-related diseases, such as cancer, heart disease, and loss of brain function, say researchers from the Children’s Hospital Oakland Research Institute in Oakland, California.

Vitamin K is also vital for healthy ageing, they have discovered.

Dr Gerald Weissman, editor of the FASEB Journal in which the study has been published, says: “This paper should settle any debate about the importance of taking a good, complete multi-vitamin every day. Taking a multi-vitamin that contains selenium is a good way to prevent deficiencies that, over time, can cause harm in ways that we are just beginning to understand.”


**Beauty products are unsuspected cause of allergic reactions**

June 2, 2011

It’s accepted that permanent hair dyes can cause serious health problems – but researchers have discovered that other beauty products can have an effect too.

Many moisturisers, cleansers, sunscreens and hair colorants can cause allergic reactions, such as headache, sore skin and itching, a new survey has discovered.

Facial and body moisturisers are the most likely beauty products to cause a reaction, the Norwegian Institute of Public Health has reported. Women have reported suffering from eczema, rash, blistering and itching after using them.

Women who have used a hair dye have reported similar reactions, which have usually appeared within a couple of days and have persisted for up to several months afterwards.

(Source: The National Register of Adverse Effects from Cosmetic Products, published by the Norwegian Institute of Public Health).
Mobile phones making men infertile – researchers

May 25, 2011

Young married couples who are trying – and failing – to start a family should suspect the amount of time the man is using his mobile (cell) phone, a new study has discovered.

Heavy mobile phone use seems to lower sperm quality and affect fertility – although, paradoxically, also increasing levels of testosterone at the same time. Researchers from the medical University of Graz in Austria, who made the discovery, think that the phones’ electromagnetic waves interfere with the production of sperm production and fertility by lowering levels of luteinizing hormone, which is secreted by the pituitary gland in the brain.


High-fat diet doesn’t increase heart attack risk

May 23, 2011

You’ve been told to keep off the high-fat, dairy foods – such as milk, cheese and butter – in order to protect your heart. But a major new study has discovered that the diet doesn’t make any difference to your chances of suffering a heart attack.

People who eat a high-fat diet are no more likely to suffer a heart attack than those who follow current medical advice – and this is true even for ‘voracious’ eaters of high-fat foods, who consume 593 grams of dairy foods every day.

Researchers from Brown University uncovered the medical myth of the high-fat diet when they looked at the diets of 1,815 people who had suffered a heart attack and compared them to the same number of people who had not had any heart problems. To their surprise, they discovered that a high-fat diet was not a factor – people who had kept to a low-fat, low-dairy diet were just as likely to suffer a heart attack. The high-fat diet could be going the same way as the discredited advice that eggs could cause high cholesterol, say the researchers.


Placebos work just as well as drugs

May 18, 2011

Around 20 per cent of doctors and psychiatrists have admitted prescribing a placebo because they believe it has been genuinely helpful and has had therapeutic value, a new survey has discovered.

The use of placebos is even higher among psychiatrists. Around 35 per cent admit prescribing them instead of a powerful antidepressant drug.


Simple cooking spice can slow Alzheimer’s – and may even reverse it

June 21, 2011

A simple spice found in many kitchen cupboards can help prevent Alzheimer’s – and it’s a remedy that goes back to the days of the Old Testament.

An extract from cinnamon – called CEppt – slows the progression of the disease, researchers from Tel Aviv University discovered in a laboratory test with mice. They ground cinnamon, and the extract was added to the mice’s drinking water. They started to see a positive effect after four months, and the process where plaque deposits appear in the brain had slowed significantly.

The researchers believe that CEppt even has the ability to reverse Alzheimer’s. There’s one catch. CEppt has a therapeutic quality at around 10 grams of raw cinnamon a day – and that’s toxic. The next stage is to develop a supplement that everyone can take safely, say the researchers.

Selenium, taken daily, keeps HIV under control and boosts immune system function

(NaturalNews) HIV patients may have an effective weapon to lengthen their lives, thanks to selenium. Taking a selenium supplement daily appears to keep HIV at bay and also strengthen the immune system, according to research by the University of Miami.

In a double-blind study of 262 HIV patients divided between patients receiving the supplements and placebos, the patients who received 200 micrograms of high-selenium yeast each day fought the disease much better. When each patient was given a comprehensive medical exam at the end of the study 9 months later, the ones who took selenium daily had a lower amount of the HIV virus in their bloodstream and better immune cell counts compared to those who hadn’t.

“It’s no surprise that selenium is finally getting the credit it deserves as a potent antiviral mineral,” said Mike Adams, author of The Seven Laws of Nutrition.

“In fact, combined with other natural antiviral medicines, HIV can be completely controlled without medications at all,” Adams said. “The people of the world have been completely hoodwinked by the pharmaceutical companies into thinking there are no natural treatments for HIV, but in fact there are dozens.”

The reason selenium may help people with HIV live longer is its antioxidant properies: it may help reverse damage that the disease does to the immune system. However, that does not make it a substitute for the antiretroviral therapy medications used to fight HIV, the researchers concluded.

The increased intake of selenium, while observed in other studies as having a positive effect in lowering mortality rates for people with lung, prostate and colorectal cancer, also may increase the risk of skin cancer, some studies have found. The verdict among scientists is not complete whether selenium is useful for cancer prevention.

With these initial findings, doctors have urged that more research be done to find out whether selenium is an effective tool in slowing down the effects of HIV. HIV is the precursor to AIDS, a terminal disease.


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Scientists strike gold: ‘Silver bullet’ could finally beat common cold

By DAILY MAIL REPORTER

A ‘silver bullet’ against the common cold and other illnesses is being developed by scientists. Tests show that arming bacteria with minute studs of silver endows them with the ability to combat viruses.

Norovirus, the winter vomiting bug, is unable to cause infections after coming into contact with the silver-impregnated bacteria. Researchers believe the same technique could be used to ward off other viruses, including those which cause flu and the common cold.

Belgian professor Willy Verstraete discovered a way of ‘studding’ harmless bacteria often found in probiotic yoghurts with nanoparticles of silver, each thinner than a human hair. Sprayed up the nose or rubbed into the hands, the silver-studded bacteria stop any viruses that cross their path from infecting cells.

As viruses need to hijack a cell’s internal machinery to live and breed, barring them entry leads to their death.

SOURCE: http://www.dailymail.co.uk/health/article-1321363/Silver-bullet-finally-beat-common-cold.html

Blood letting. Mercury. Lead based products. GMOs. The absolute horrors of common practices aren’t fully realized until decades later; sometimes centuries.

Antibiotic use, it turns out, does more damage than just leading to drug resistant diseases. We may never fully recover from the gut damage. There are already large numbers of people who have problems with food assimilation and breathing difficulties continually on the rise.

Worse still, the damage is passed on to the unborn. Flora lost by mothers is lost to their babies which is likely a major cause of the chronic disease spike in children.

Find out more about the mass use of antibiotics and the correlating cost of our health with their continued use. Iatrogenic disease – those caused by medical errors – are the third leading cause of death in America. That does not include the problems caused by antibiotic use – problems we may not fully realize for years to come.

Since many have reversed chronic disease with diet and lifestyle changes, there is always hope!

– Health Freedoms

Emerging research shows that the harmful effects of antibiotics go much further than the development of drug resistant diseases. The beneficial bacteria lost to antibiotics, along with disease-inducing bacteria, do not recover fully. Worse, flora lost by a mother is also lost to her babies. The missing beneficial gut bacteria are likely a major factor behind much of the chronic disease experienced today. The continuous use of antibiotics is resulting in each generation experiencing worse health than their parents.

Martin Blaser, the author of a report in the prestigious journal Nature writes:

“Antibiotics kill the bacteria we do want, as well as those we don’t. These long-term changes to the beneficial bacteria within people’s bodies may even increase our susceptibility to infections and disease. Overuse of antibiotics could be fueling the dramatic increase in conditions such as obesity, type 1 diabetes, inflammatory bowel disease, allergies and asthma, which have more than doubled in many populations.”

Aside from the development of superbugs, we’re now seeing clear documentation that the overall long term effects of antibiotics are devastatingly harmful to our health. Speaking to ABC News, Blaser said:

“Antibiotics are miraculous. They’ve changed health and medicine over the last 70 years. But when doctors prescribe antibiotics, it is based on the belief that there are no long-term effects. We’ve seen evidence that suggests antibiotics may permanently change the beneficial bacteria that we’re carrying.”

Notice that term, permanent. Without considering the potential risks in the casual use of antibiotics, it now looks like conventional medicine is creating several pandemics of some of the worst chronic diseases known.

Mass Use of Antibiotics

By the time a child reaches age 18 in the industrialized world, the chances are he or she has been given 10-20 courses of antibiotics. That misuse continues into adulthood, and they’re casually prescribed to pregnant women.

That’s where the situation grows ever worse. Part of a normal childbirth is a baby’s passage through the birth canal—where it’s exposed to its first dose of beneficial bacteria. (This should give pause to anyone considering a caesarian birth that isn’t absolutely necessary.)

When a mother’s microbiota is deficient, her child is born to a deficiency. The evidence now appears to show that, once a probiotic deficiency exists, it is never recovered – and it’s passed down the generations. Therefore, each generation is

“Evidence shows the mass antibiotics experiment is devastating our children’s health. It may be the reason so many struggle for breath and can’t assimilate food properly.”

By Heidi Stevenson

Source:
likely to suffer from poorer health than the parents enjoyed.

**Costs of Antibiotic-Induced Chronic Conditions**

Healthcare costs rise and rise in treating this chronic ill health. Consider the pandemic status of asthma and the large increase in diabetes in children today. Those diseases were extremely rare 50 years ago, and now they’re literally routine. Yet, the focus continues to be on treatment – which increasingly lines the pockets of Big Pharma and doctors.

The search for cause has practically been ignored, even in the face of rising rates of chronic illness. Instead, treatment is the touchstone. Ever more toxic methods of suppressing symptoms, while hiding adverse effects, are researched and pushed on conventional medicine’s victims.

Two of the most critical functions in health are drastically compromised in enormous numbers of today’s children. The ability to metabolize food and the ability to breathe are being stolen from this generation. Yet the treatment they’re receiving for this poor health does nothing to make them well. It only masks the symptoms and makes their children even sicker!

On top of those losses, children suffer from allergies, their bodies’ inability to distinguish between disease-inducing agents and harmless substances. They suffer from autoimmune disorders, their bodies’ unable to distinguish between foreign substances and parts of their own bodies.

Has there ever been a generation of children whose inherent health has been so devastated by the very medical system that is supposedly responsible for their health?

**Iatrogenic Disease**

Iatrogenic disorders are health problems caused by medical errors. They are now officially the third-leading cause of death in the United States. But those numbers do not include early deaths from diabetes, asthma, allergies, chronic bowel disorders, or cancer – all of which have been documented as results of antibiotic use – nor are the miseries suffered by the people burdened with them reckoned in the iatrogenic toll.

If we were to add all those early deaths to the iatrogenesis numbers, as should be done, it would be obvious that conventional medicine is the greatest killer and thief of health the world has ever known. And apparently, one of the most significant causes of iatrogenic illness is antibiotics, that most common of treatments handed out like candy.

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**Naturopaths!**

In 2007 the South Pacific Association of Natural Therapists and the Association of Natural Therapists amalgamated to form Naturopaths of New Zealand. This was to create a stronger association to promote natural medicine. One united voice, one that – as a member – you can add to. With a membership you will have: an active voice in natural medicine, Natural Health Council membership and insurance, attendance at an annual conference with inspiring guest speakers, practitioner register as well as promotion on our web site.

Membership per year: Practising: $100  /  Associate (non-practising): $80  /  Student: $50.

Any new members to Naturopaths of New Zealand will receive a free 1 year subscription to this magazine.

For membership details call +647 873 8270 or visit us online at naturopathsofnz.org.nz