



# Healthy Valley Organics

Optimal Health through natural remedies and nutritious, raw foods.

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## Health Remedies

### Index:

Page 2: Joint Problems.

Page 4: Headaches & Migraine.

Page 5: Poultice for Tinea, Skin Infections, Stings.

Page 6: Depression.

Page 7: Stomach Problems; Heartburn, Ulcers.

Page 7: Gall Stones - Natural removal.

Page 8: Candida.

Page 9: 12 Golden Rules for Health

### The Miracle of Our Bodies:

We are wonderful creations of nature. Given the essential nutrients, good assimilation and a clean blood supply, our body is capable of miraculous acts of healing. Health problems can often be reversed by elimination diets, supplying the necessary nutrients and avoiding harmful substances.

The body is said to be the temple of the soul. We need to respect this temple and offer it only the very best nutrition. We all deserve the very best - so we need to give ourselves the very best nutrition possible. The body is but a servant of the spirit. Some believe in mind over matter but the mind needs good matter to work with. In order to build a good body, divine intelligence needs the correct raw materials with which to construct this complex arrangement of cells we call our body.

Most ailments are caused by, other than hereditary factors, sins of commission or omission. We either consume many of the wrong foods or we don't consume enough of the right foods. We all do this to varying degrees no matter how dedicated we are and it is a gradual process to migrate from bad habits to good. Often, small changes such as supplying the right nutrients are all that is needed to see the body perform minor miracles. This is where supplements such as herbs, vitamins and minerals, omega 3 oils etc may help if our diet is inadequate.

In the long run however, we need to adopt good eating habits because real health cannot be gained from pills. We need to consume fresh, raw, preferably Organic produce. We also need to grow some produce ourselves such as various herbs and leafy vegetables. This is when we capture the "life force" in foods. This gives us energy and LIFE.

### Cleanliness is next to Godliness:

This means we should clean our bodies not only externally by washing regularly, it means cleaning our colon, purifying our blood and eliminating accumulated toxins. A clean, healthy body results in a clean, healthy mind. Regular fasting as practiced by great religious leaders in history indicates this is a part of attaining greater spiritual awareness and understanding.

Clean thoughts go hand in hand with good health. A positive, healthy mind will achieve greatness. Practicing honesty, integrity, ethics etc. is the higher path. Being non-judgmental and loving is a part of this as is respecting others and all creations of nature.

If we leave this world better for having been here we have accomplished much. If we leave this world as a much better spiritual being we have possibly fulfilled our destiny and graduated to a higher level of existence - perhaps heavenly! Our goal is perfection and it is a long road but we are all on it and have been for an eternity. Is it time for us to take the short road? It is up to us to make the most of this life we have now. The more lessons we take on, the more we learn from our mistakes, the more we progress as spiritual beings.

It is unfortunate that many of us keep repeating past mistakes. Those who never learn by their mistakes are condemned to repeat them. Lets resolve to learn in order to progress from where we are to a much higher plane. We are all capable of much better things and as we learn, so we become wise. Wise choices come from experience, therefore we need to interact with the world. Experience tells us to seek the best in life and if we seek the best, the best things in life will be attracted to us.

## Solutions for Joint Problems:

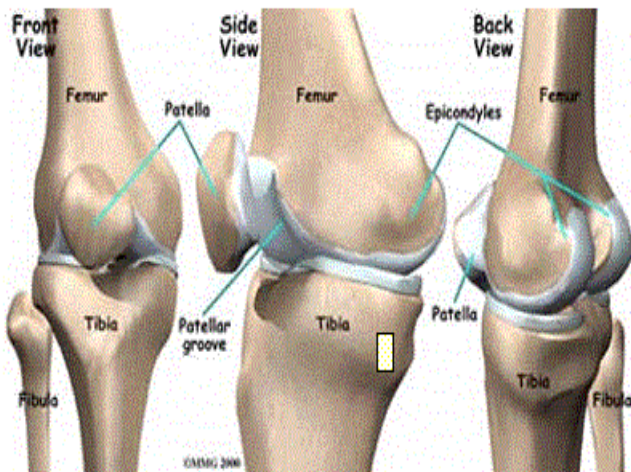
In most joints, two bones meet end-to-end. In the area where they oppose each other, they are covered with a gliding surface called articular cartilage. Cartilage is a slippery, smooth substance that assures an even, fluid motion of the joint with minimal friction. Each joint is surrounded by a thin capsule, which is lined by a membrane called synovium, which produces a lubricating fluid known as synovial fluid for each joint. The stability of each joint is maintained by its ligaments, which are short strips of fibrous tissue that originate and connect to opposite sides of the joint and have differing amounts of tightness depending on the position of the joint at a given time.

Different types of arthritis affect the joints in different ways. The cartilage may be damaged, narrowed and lost by a degenerative process or by inflammation, as in osteoarthritis and rheumatoid arthritis respectively, the two most common forms of arthritis. Bone substance may be lost in the area next to a joint and cysts may result. Spurs around the joints may result from new arthritic bone formation or from the erosion of adjacent bone. Joint deformities and instability often result from the stretching or rupture of supporting ligaments and from the asymmetric loss of cartilage.

Humans at some stage usually develop some degree of wear and tear on the joints of the body.

One of the numerous reasons is that a lifetime of moving breaks down the cartilage that forms a cushion between the end of the bones. Eventually bone rubs on bone, resulting in pain and stiffness that can range from mild to crippling.

Pain and stiffness can be in the knee, hips, fingers,



shoulders, toes and spine. Many studies are now being done as to the relationship between diet and degeneration of the joints which is more commonly referred to as Arthritis or Osteoarthritis.

**How does diet affect Arthritis or joint inflammation?** As new bone cells generate, their health is based on the amount of nutrition the body provides. A strong skeletal structure needs a full store of enzymes, amino acids, trace minerals and trace elements as well as vitamins and healthy hormones. Malnourishment can be the core of arthritis.

As new bone cells are formed, they need plenty of oxygen rich blood to grow healthy and strong. But if the body is full of fats, there isn't enough oxygen in the blood to build bones and joints. To aggravate the situation, the fat encapsulates the cells, making absorption of nutrients impossible.

Also if the body is lacking minerals, the generation of new bone cells is weakened. **High protein diets rob the body of the minerals needed to maintain healthy bone structure; the protein will actually pull calcium out of the bones and teeth.**

A diet low in essential nutrients, oxygen, and enzymes

also turns the blood level acidic. Wastes from the high acid content become free radicals that aggravate the bone structure causing inflammation. This condition sets the stage for bone deposits and disintegration of bone joints.

### How to Ease the Pain through Diet:

- By **reducing protein intake**, it protects the body's cells from the loss of mineralization and the attack by free radicals.
- By **reducing processed and cooked food** which raise the level of acidity in the body leaving it open to arthritis.
- By **using only living foods (raw)** the bone's cells easily absorb nutrients, enzymes and oxygen that they need to stay strong and healthy.
- **Raw foods add extra enzymes** that add an electrical charges to the bone's cells. This creates a physical attraction between the cells that can actually break up the arthritic blockages and deposits and strengthen the renewing of bone. In redeveloping new bone structure, the enzymes unify the bone structure and bond the pits and holes in the bones.
- **Avoid Hydrogenated Oils** as they interfere with the metabolism of fatty acids. These oils are found in margarine, peanut butter, most cooking oils (use Olive oil instead) and many processed products such as chips, baked goods and salad dressings. Avoid foods whose labels include the word hydrogenated.
- **Use Turmeric and Ginger** in your food preparation (raw is best) as they both help reduce the pain and inflammation of arthritis.

### Recommended Supplements:

- Include cold-water fish such as sardines, salmon, mackerel, halibut, herring, trout and tuna in your diet 2—3 times a week. They are rich in EPA and DHA which are part of a group of fatty acids commonly known as Omega 3's. If fish isn't your favorite dish, you can take fish-oil capsules. For most people, it takes 3 to 4 months before the treatment begins to soothe aching joints.
- Take 1 tablespoon of **Flaxseed oil** daily which is a good source of LNA, another Omega 3 fatty acid. Include it in your daily diet just as you would any other oil—in salad dressings, for example or as an ingredients in recipes that don't involve heating. Store it in the refrigerator. Flaxseed oil is also available in capsules. Follow dosage on the label.
- **Evening Primrose Oil** is a supplement made from the seeds of the evening primrose plant and is rich in GLA which is a fatty acid in which people are most deficient. Take as per directions on label.
- Studies have shown that **Glucosamine Sulfate may build cartilage** and slow the progression of the disease of arthritis instead of merely masking its symptoms. Recommended dosage is 500 mg taken three times a day before meals. But don't expect to be pain-free tomorrow, this is a slow, natural process of rebuilding a damaged body part. Take for 6 months then lower the dosage to 1—2 per day according to how the body feels. If you don't feel relief at this maintenance dosage of 500mg a day go back to 1000mg.
- **Chondroitin Sulphate** is another compound found in normal joint cartilage that has been shown to help stimulate the rebuilding of healthy points. It has not been shown to be as effective as Glucosamine Sulphate, but is thought to work well with it. Some products on the market contain both compounds.
- **Methylsulfonylmethane (MSM)** occurs naturally in body cells, and is thought to play a role in controlling nerve impulses associated with pain. It also appears to help control inflammation. Some experts advise combining MSM and Glucosamine Sulphate as part of your anti-arthritis regimen of food supplements.

However, these supplements should be taken with foods and stopped if there are any signs that gastric pain is associated with their use.

- **Calcium** - this element is an important component of bone. It has been shown to decrease the amount of bone loss that occurs from long term steroid use. Typical dosage: 1,000 milligrams per day.
- There are numerous **herbs** available which have been known to help the pain of arthritis and joint inflammation. These are Alfalfa, Black Cohosh, Burdock, Capsicum, Devils Claw, Dyrangea Root, Horsetail, Sarsaparilla, Slippery Elm, Yarrow, Yucca, White Willow Bark
- **Recommended foods as follows:**
- Emphasis on **raw organic vegetable juices**: carrots, celery, beetroot, parsley. It has been found that 3 glasses of carrot and celery juice (50/50) taken for 3-4 weeks will alleviate the pain of arthritis. Use citrus juices very sparingly. Fresh pineapple—whole or the juice contains the enzyme bromelain which reduces swelling and inflammation arthritis, osteoarthritis and gout.
- Use **honey** as a sweetener, **kelp** as a salt substitute. **Raw goat's milk** is excellent in fresh or soured form (yogurt)
- **Avoid all wheat based products** such as bread, cakes, biscuits, etc which contain gluten (a natural plant protein not used by the human body). Eliminating all sources of gluten from the diet is vital, this includes not only wheat, but also oats, barley and rye. To avoid eating gluten, build your diet around various types of rice, millet, buckwheat and some of the more exotic grains, such as quinoa.
- A teaspoon of **Apple Cider Vinegar** in hot water with a teaspoon of honey first thing in the morning helps stimulate the bowels to work. Proper elimination, quickly and fully is as important as diet to your arthritis cure.
- A vital part of internal cleansing is drinking 6—8 glasses of **pure water** each day. Distilled water has been recommended for arthritics as it has been reported to prevent calcium deposits in joints or arthritic "spurs". Reverse osmosis or distilled water is therefore highly recommended.
- **Whey** - which contains natural sodium helps keep calcium in solution in the bloodstream and also is said to help prevent a build up of calcium deposits in the joints. Raw goats whey is highly recommended if this can be obtained.
- **Brewers Yeast** is a vegetable micro-organism that is rich in protein and contains very little sugar or starch and in fact breaks down sugar. It is one of the best sources of Vitamin B. **Black strap molasses** is one of the richest sources of body usable iron and it is also rich in phosphorus and some of the B Vitamins. One tablespoon of **brewers yeast** with one tablespoon of **molasses** in a glass of **raw goats milk** is brimming with what your body is aching for.

#### **Foods to avoid:**

- Do not use **citrus fruits** in the acute stage of arthritis or joint inflammation. Keep away, at least for now from oranges, grapefruit, lemons, limes, tangerines, kumquats.
- **Avoid all flour products** like bread, toasts, cakes, pies, cookies, buns, doughnuts, spaghetti, macaroni, noodles, pizza etc.
- **Avoid coffee and black tea** (herbal teas are fine) cocoa, carbonated beverages, soft drinks, liquor, wine and beer.
- **Avoid sugars**, candies, ice-cream, jellies, jams and artificial sweeteners.
- **Avoid canned or processed foods** such as custards,

puddings and prepared mixes.

- **Avoid** pasteurised cows milk, cheese, salt, and all high fat take-aways.

#### **Restrict these foods:**

- **Red meat** no more than 2—3 times per week. If possible obtain organic or from a source known to use a minimum amount of chemicals in the soil or antibiotics on the animals.
- **Free range poultry** always tastes best as the meat has a better texture and is more likely to contain more nutrients your body needs. Commercially raised chickens usually never see the sun and never peck in the fields and only eat prepared feed. These are not natural chickens and some even have arthritis themselves.

#### **Physical activity:**

- Bedridden patients lose muscle and bone at about 1% per week. It can be regained once people become active again as bone responds to physical activity. **Walking** is nature's perfect movement. It helps circulate needed nourishment throughout the body. Arthritis joints need more time for cure than any other part of the body. Bone growth is much slower than skin, muscle, or other tissue growth. Have patience! Continue to move, more and more but never beyond the point of fatigue.
- **Swimming** has a relaxing effect on the entire nervous system. Water massages all your body at once, giving motion to your tissues. And the cool water stimulates your circulation.

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# Headache and Migraine Remedies.

## **Causes of Headaches:**

According to research, 80% of headaches respond to vitamin B therapy. Dr. Robert Atkins MD in his book "Dr. Atkins Nutrition Breakthrough" proves that all Migraine sufferers have low blood sugar levels. There is also a rise in free fatty acids. This indicates a pancreas problem. The pancreas produces the enzymes amylase, lipase and trypsin to digest carbohydrates, fats and amino acids. It also produces insulin which controls blood sugar levels. Many pre-diabetics (diabetes occurs when the pancreas fails to produce insulin) have atherosclerosis or a build-up of a waxy, fatty substance in the arteries caused by a derangement of the metabolism of fats. Coronary disease is up to 10 times more prevalent among diabetics versus non-diabetics.

Some cases of diabetes have been corrected by chelation therapy which has improved the circulation to the pancreas. Chelation removes cholesterol etc. from arterial walls. Other cases have been corrected by a parasite cleanse using vermifuge herbs. Trichinosis (a parasite) can attack the pancreas so it is wise to have a periodic parasite cleanse especially if partly cooked pork has been consumed. High doses of vitamin B have also been known to reverse diabetes.

The pancreas is implicated when headaches and migraines manifest due to the associated circulation problems. Poor digestion also adds toxins to the bloodstream which in turn puts a strain on the liver. The liver becomes overloaded and unable to purify the blood, hence the toxins cause headaches and migraines.

## **Signs of Poor Pancreas Function:**

- Low blood sugar levels, resulting in fluctuating energy.
- Circulation problems: Either cold hands and feet in winter for "cold-blooded" (slow metabolism) types or hot hands and feet for "hot-blooded" (fast metabolism) types.
- Inability to handle stress: To maintain blood sugar levels, the Adrenals may over-produce adrenaline, making us feel "on-edge". Adrenaline raises blood sugar levels in readiness for the "fight or flight" response to a threatening situation. Some people "run on their adrenals".
- Middle back weakness: This is where the nerves that supply the pancreas and adrenals come from. A gentle massage of the middle back often alleviates headaches by improving nerve function and so stimulating the pancreas.
- Eyes blur easily in a wind and are sensitive to bright sunlight. Deteriorating eyesight is a circulation and possibly therefore, a pancreas problem.
- Excessive intestinal gas.

## **Toxins in the Brain:**

Through iridology I discovered that some people have toxins going to the area of the brain known as the anxiety/concern area. Such people may be over anxious and worry about even minor situations. To correct this condition it may be necessary to clean the transverse colon by having plenty of roughage in the diet, taking Alfalfa tablets or capsules (6 a day) and having beetroot juice and/or grated raw beetroot in the diet to stimulate the liver to produce bile to stimulate peristaltic action in the colon.

Headache symptoms are often alleviated by treating the liver which is a detoxifying organ. Taking laxatives or an enema has also proved to be effective which suggests toxins are entering the bloodstream via the intestines. This may also indicate that the toxins are caused by faulty digestion. So, besides cleaning out the toxins already in the system, we need to ensure complete digestion of foods so that toxins are not created in the first place. See article on stomach problems.

Research has shown that migraines are often associated with increased temperatures in the brain and head area, which may indicate a "burning-up" of toxins. Migraines are often accompanied by a loss of appetite and even

biliousness, so obviously if we listen to our body, it is telling us that it cannot handle any more food and may even need to expel what we have recently eaten.

Raw foods are full of enzymes so if we wish to take the strain off an already over-worked pancreas, we need to consume most of our foods in their raw, natural state. The pancreas, which produces enzymes to digest cooked food, will thus be able to rest and recuperate. It is interesting to note that some Asian countries that have mainly cooked rice have a pancreas about 50% larger than average.

Watch food combinations: Separate starches from proteins, don't mix fruits with vegetables (exception is pineapple and paw paws—good with proteins). Don't mix berries or melons with other fruits. Melons need to be consumed alone due to their fast digestion time—about 30 minutes.

## **How to Reverse the Problem:**

The body follows the natural law of healing "from the head down and in reverse order to that in which disease appeared". The key is to take it easy. A lifetime of wrong habits cannot be undone overnight. A gradual transition to a healthy lifestyle is the most practical solution for most people.

With migraine, we need to look back and consider the fact that the pain we have gone through thus far may need to be endured long enough to reverse the situation. In other words, as accumulated toxins are again stirred up, the migraines will continue until the toxins are finally eliminated. Then, we will never need to experience the problem ever again—as long as we follow a healthy living program. It takes about 1 month for every year of illness to reverse a health problem.

Clearing the problem sometimes may be more painful than the pain currently being endured. In this case, natural pain suppressants such as "Willowbark 3000 Plus" by Fingerprint Botanicals may assist or something stronger may need to be taken. Chillies dull our pain receptors so acquiring a taste for chillies will help. Chillies must be raw however, otherwise they may put a strain on the liver. Chillies also assist the circulation.

## **Migraine Case History:**

I began to suffer from this debilitating, intense pain at a particular time of the year in the spring of 1980 and the condition lasted, on and off for a few years. I felt at the time that my diet was reasonably good - I was not an junk food addict. The first time I had migraines I tried purifying our water supply by using a filter which helped for a while. Later the pain returned so I visited a doctor and tried some medication to no avail. Fortunately, the migraines eventually disappeared after a month or two of their own accord. About this time I was introduced to a herbal business and I became knowledgeable in this area.

The following year I again experienced migraine attacks but armed with my new knowledge I tried a variety of herbal remedies and asked an iridologist for his remedy. I discovered that beer and wine were triggers as was cheese. I avoided these and took the herbs suggested by books and the iridologist—all to no avail. I continued to search for an answer and came across a book by Dr Atkins which alerted me to the fact that it may be a pancreas problem.

I started taking vitamin B which he recommended and I also took P14 - a combination of 14 herbs sold by Nature's Sunshine products. I read that vitamin C is good to neutralise toxins so I took the most natural form I could find—Rose Hips. I had faith that this was the right program for me and although the results were not instant, I stuck with it. A short time later - perhaps a week or so, I noticed the attacks were becoming shorter and less severe. I stuck with the program and eventually the symptoms disappeared. I believed I was cured and discontinued the program.

Next Spring the migraines returned but at this stage I recognised the symptoms before the onset of a fully blown

attack. I decided I would experiment to see if my theories were correct. My theory was the migraine attack was caused by:

1. Poor pancreas function causing circulation problems.
2. Toxins in the bloodstream causing inflammation in the brain.

The solution: at the first sign of an attack I took 5 P14 and 5 Rose Hips. This stopped the migraine completely within 10—15 minutes. I kept on experimenting. Next time I took just 5 P14 - this worked sometimes but when it didn't I took 5 Rose Hips and that did the trick. Other times I would take 5 Rose Hips at the onset of an attack and that would work sometimes. When it didn't I took 5 P14 as well and that always worked.

It seems the two remedies worked at different times depending on the cause. Sometimes it was perhaps directly related to the pancreas and other times it may have been related to toxins in the blood. Vitamin B played no role in the experiments at this time. Eventually I got to the stage when I could take either Rose Hips or P14 and the symptoms would disappear within 3 minutes. I stayed on a low dose maintenance program for some time after this and have only had a return of the migraines for a brief period following a bout of the flu in 2000. The migraines on this occasion were reasonably mild and when I resumed taking P14 they disappeared within 2 weeks.

I am now on a predominantly raw food diet (approx. 80%) and avoid all cooked fats and oils. I take P14 occasionally to maintain my pancreas but also gather various herbs from the garden for my salad. I exercise, playing squash, re-bounding on a mini trampoline, gardening and bike riding as well as weight exercises. I went about 17 years without a migraine attack (from 1983 to 2000) and I feel that the flue brought out the remnants of the toxins in my head that caused my previous migraines. I have not suffered from migraine since 2000 (now 2003).

#### **The Program:**

1. Vitamin B - 2 a day.
2. P14 - 6 a day. (3 with two meals).
3. Vitamin C with bioflavonoids.
4. BLG-X - a combination of herbs for the liver. Also introduce raw, grated beetroot or beetroot juice into your diet.
5. 60% - 80% raw food diet. If having cooked food always include something raw and have raw food before or with the cooked food. If having mostly cooked food in a meal take 2 AG-X capsules to aid digestion.
6. Hawthorn Berries capsules - 6 a day. Hawthorn helps clear fatty deposits. Garlic capsules - 4—6 a day or preferably have it fresh. Garlic thins the blood and lowers cholesterol.
7. High sodium foods to neutralise acids in the system and aid digestion in the stomach. Sodium also helps keep calcium in solution in the blood to prevent calcium deposits in arteries and joints. Celery juice and whey powder (3 tablespoons daily or try liquid goats whey) may be necessary to replenish the body's reserves. Cucumbers, tomatoes, sea vegetables and Bragg Liquid Aminos are also good sources of natural sodium - avoid salt.
8. Parasite cleanse: Black Walnut - 6 a day, Herbal Pumpkin - 3 a day. Take for two weeks then have a break for one week then go back on for two weeks.
9. Middle back massage - performed by applying firm pressure up and down with two fingers either side of the spine between the shoulder blades.
10. Exercise regularly - 20—30 minutes of exercise daily is beneficial. Aerobic exercise is best - if walking make it a brisk walk. Jumping on mini a trampoline will help cleanse the lymphatic system.
11. To help manage pain: White Willow Bark; Feverfew. Available from chemists: Willowbark 3000 Plus By Fingerprint Botanicals.

#### **Beneficial Foods:**

Millet - an alkaline cereal, has a rich percentage of protein and because of its high choline content, is valued for relieving and preventing fatty deposits on the walls of arteries. Appears to contain all the essential amino acids as well as many

vitamins (especially B group) and some lecithin.

Brewers yeast - high in vitamin B group.

#### **Poultice for Tinea, Insect Bites or Stings, Skin Infections or Irritations:**

Black Walnut powder - 1 teaspoon

Garlic powder - 1 teaspoon

Golden Seal powder - 1 teaspoon

Slippery Elm powder - 1 teaspoon

Pau D'arco powder - 1 teaspoon

Tea Tree Oil - several drops

Aloe Vera Gel - ¼ cup

Mix all dry ingredients together then add sufficient Aloe Vera to achieve a paste - like consistency, then add the Tea Tree Oil. This poultice can bring relief from pain and itching within 1 - 2 minutes.

#### **Other Uses:**

Small splinters too painful to remove can be allowed to remain. Simply cover with the poultice and leave for a few days. It will then be able to be removed simply by squeezing and pulling out with tweezers or scraping with a sharp knife.

On one occasion, I jammed my thumb in a door, turning the nail black. It wasn't overly painful at the time but about 3am I woke with a throbbing pain. In search of a solution I tried applying the poultice. After a few minutes the pain went completely and I had a restful night's sleep. Another benefit was, I never lost the whole nail, just a top layer. I suspect I may have retained the complete nail if I had applied the poultice soon after injury.

Pre-cancerous growths and warts also seem to be eliminated with frequent application over a week or two. Cover with a band-aid if necessary. Wasp stings are relieved in about 1 minute as is the itch from mosquito bites (may also guard against Ross River Virus?)

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## **Depression:**

Depression isn't a disease that you've either got or you haven't got. We are all somewhere along a sliding scale that ranges from generally happy to completely depressed. Officially, 3 million people in Britain are depressed with three times as many women suffering as men, but many more people feel blue a lot of the time. This number rises in the winter as millions suffer from SAD – seasonal affective disorder. The Classic symptoms of depression include:

- Feelings of worthlessness or guilt
- Poor concentration
- Loss of energy, and fatigue
- Thoughts of suicide or preoccupation with death
- Loss or increase of appetite and weight
- A disturbed sleep pattern
- Slowing down (both physically and mentally)
- Agitation (restlessness or anxiety)

### **What Causes Depression?**

There is no simple cause for the set of symptoms that we call depression, nor is there a simple cure. Many people taking anti-depressants really need to deal with something that isn't working in their life. For example, depression is often anger without enthusiasm. Maybe there's a relationship that didn't work out, or a dream that didn't come true.

The other factor greatly influencing mood is the chemistry of the mind. The brain is made up of a network of neurons-special nerve cells that connect to other neurons. The connections between neurons are called dendrites. Where one dendrite meets another neuron, there's a gap, like the 'spark' gap in a spark plug. And it's across this gap that messages (called neurotransmitters) are sent from one neuron to another. There are two families of neurotransmitters affecting how we feel and these are serotonin and adrenalin/noradrenalin. Serotonin predominantly influences mood and adrenalin and noradrenalin influence motivation.

There are common imbalances connected to nutrition that can influence our bodies production of these neurotransmitters and can worsen mood and motivation. For example it is important to keep the level of glucose in the blood stable. Glucose is the most important nutrient for the brain and in order for our brains to work effectively we need a steady supply of it. Any imbalance in the supply of glucose to the brain results in a range of symptoms including fatigue, irritability, dizziness, insomnia, excessive sweating (especially at night), poor concentration and forgetfulness, excessive thirst, depression and crying spells, digestive disturbances and blurred vision.

Other factors influencing our production of neurotransmitters include allergies, deficiencies of nutrients especially vitamins B3, B6, folate, B12, C and zinc, magnesium, tryptophan and tyrosine. In addition serotonin production is affected by hormone imbalances such as lack of oestrogen (in women), not enough testosterone (in men), not enough sunlight, insufficient exercise and too much stress (especially in women).

### **How to relieve the symptoms of depression:**

Consider seeing a counsellor or psychotherapist. Stabilise blood sugar levels. For optimal blood sugar levels avoid sugar and refined carbohydrates such as white rice, white bread and processed breakfast cereals. Eat unprocessed whole foods such as, legumes, nuts, seeds, fresh fruit and vegetables.

In addition avoid stimulants such as tea, coffee, chocolate and cigarettes. These increase levels of the stress hormones - adrenaline and cortisol which in turn increase blood sugar levels. In addition the problem with stimulants such as

coffee is that they are addictive and the more that you drink the more the body needs to feel normal. This contributes to even higher levels of depression and anxiety in the long run.

Ensure optimum levels of omega-3 fish oils. The higher your blood level of omega-3 fats, the higher your levels of serotonin are likely to be. The reason for this is that omega-3 fats help build receptor sites, as well as improving reception. Eat foods containing plenty of tryptophan, phenylalanine and B vitamins. Supplement 2g of phenylalanine or tyrosine, or 1g of both, 1.5g of tryptophan or 150mg of 5-HTP, a good multivitamin providing all the B vitamins and either 200mg of SAMe or 600mg of trimethyl glycine.

Serotonin is made from a constituent of protein, the amino acid tryptophan and increasing tryptophan is already well proven to improve mood. Tryptophan is especially rich in fish, turkey, chicken, cheese, beans, tofu, oats and eggs. While supplementing tryptophan itself has proven an effective blues buster, even more effective is a derivative of tryptophan called 5-hydroxytryptophan, or 5-HTP for short.

Another neurotransmitter deficiency associated with depression and lack of motivation is adrenalin and its brother, noradrenalin. Adrenalin and noradrenalin are made from a neurotransmitter called dopamine, which is made from the amino acid tyrosine, which is itself made from the amino acid phenylalanine. Phenylalanine can be found in chicken, turkey, fish, milk, cheese, eggs, beans, millet, oatmeal, nuts, seeds and vegetables including sweet potatoes, potatoes, spinach, corn, green peas, Swiss chard, gelatin, avocado and chocolate. B vitamins are also important as they help turn amino acids into neurotransmitters and tri-methyl- glycine and S-adenosyl methionine help to keep the brain and nervous system well tuned

**Bump Up Your Folic Acid.** If you're depressed, you may well be low in folic acid. In a study of 213 depressed patients at the Depression and Clinical Research Program at Massachusetts General Hospital in Boston, people with lower folic acid levels had more 'melancholic' depression and were less likely to improve when given SSRI antidepressant drugs. Take 15,000 mcg if you suffer from chronic or severe depression, together with 100mg of vitamin B6.

### **Take St. John's Wort:**

Clinical trials have shown that St. John's Wort is highly effective in relieving symptoms of mild to moderate depression with minimal side effects. A 300mg dose of St. John's Wort (containing 0.3 per cent hypericin) two or three times a day helps most people with mild depression, while twice this amount may help those who suffer severely. But don't expect instant results. It often takes a couple of weeks to work.

Have your histamine level checked. We all produce histamine, but some of us produce more than others. When histamine levels are too high, a person is more likely to be depressed, compulsive and have abnormal thinking. Histadelics – people who produce high levels of histamine tend to produce more mucus and tears and so can cry more easily. They have a faster metabolism and are fast oxidisers and the rapid oxidation means a person can eat a lot and never gain weight. They usually have long fingers and toes with the second toe longer than the big toe.

Histadelics usually have an easy and well-sustained orgasm and higher than usual sex drive. They also often suffer from insomnia, are hooked on excess sugar in tea or coffee and like alcohol and other drugs, having a high tolerance level. If you have the signs of high histamine, it's worth having your histamine levels checked.

**Have your thyroid level checked:**

A classic cause of depression is having an under active thyroid. The telltale signs of an under active thyroid are lethargy, depression, indigestion or constipation, poor memory and weight gain.

**Build a Happy Lifestyle:**

Modest exercise such as a daily 30 minute walking regime can significantly help to boost mood and increasing exposure to natural daylight and using full-spectrum light bulbs for indoor lighting also helps. Being outside in nature is also beneficial as these places have more health promoting ions in the air and the right music can elevate your mood as can certain essential oils. Particularly uplifting are bergamot, geranium, petitgrain or neroli oil.

**Stomach Problems:**

Digestion begins in the mouth. Foods need to be chewed well - at least 40 times per mouthful unless eating soft fruit. Well masticated food, mixed with saliva makes digestion much easier. Food should be enjoyed and the way we enjoy our food fully is to relax, take our time and savor the flavour.

Assuming we do all of that, the next process is the processing of food in the stomach. The stomach produces acid to digest proteins. This acid can cause stomach ulcers if the stomach lining is weak. The stomach is a sodium organ and the stomach lining needs organic sodium (not salt) to act as a barrier to the acid environment.

Highly stressed people create acids in their brain and these acids are largely neutralised by sodium. If the body has insufficient sodium then it will draw on the reserves from the highest sources - the stomach and the joints. This results in heartburn or ulcers and creaky joints.

High sodium foods are needed to correct this condition. This does not mean we need more inorganic salt in our diet. Salt is detrimental to our circulation as it can accumulate in our arteries. What we need is organic sodium. Best sources are celery and whey. Goats whey is highest, but cows whey is acceptable. The goat is a sodium animal so even goats milk (preferably raw) is of benefit.

Sometimes we need the more highly evolved animal sources of minerals and if we have a serious stomach problem this may be the best solution. Other plant sources of sodium are tomatoes, cucumbers, zucchinis and washed seaweed. Seaweeds are generally unwashed and may contain small sea snails as well as salt. If washed, seaweeds lose their salty taste. Kelp or Kombu is easiest to wash and it can be dried for later use or placed in Apple Cider Vinegar for an indefinite period if refrigerated. Seaweeds contain an abundance of minerals and assist the body's healing process in many instances.

If the stomach does not produce sufficient hydrochloric acid for the digestion of proteins, a teaspoon of Apple Cider Vinegar in water with a little honey, first thing in the morning may help. Also, Apple Cider Vinegar and lemon in water before meals assists the production of hydrochloric acid. Wine before meals is also said to help stomach acidity. Those with O blood group may need more acid foods in the diet if they are mainly vegetarian and don't consume grains or nuts other than Almonds and Brazil Nuts (both alkaline). Remember though that most of our diet should still be alkaline especially if we exercise often.

**Gall Stone Removal:**

Source: Are You Stoned? A Quick, Easy Guide for the Natural Removal of Gallstones. by Claude M. Lewis D.C, Edith Hiatt and Leon Hiatt

**What are gall stones?**

Stones can form anywhere in the body where there is a

liquid containing mineral salts that can be crystallized and where the fluid is held for a while in a hollow organ, such as the gall bladder.

The stones may be large or small, and sometimes grow together causing extra large stones. Small stones are often excreted along with the bile and eliminated with no problem. Larger ones, however, can become lodged in the ducts, causing gall stone colic, one of the most painful illnesses known. At other times, gall stones may be silent. In autopsies, examiners often find gall bladders full of gall stones although the deceased had no complaints about them.

A gall stone is not a true stone. They are rather rubbery and soft. Most gall stones float. They are mostly green. The size varies from rice grains to golf balls. Even large gall stones will slip out easily with this gall stone cleanse.

**Non Surgical Removal Of Gallstones:**

The ONLY ingredients you need are virgin olive oil and freshly squeezed lemon juice. There are some optional ingredients: Prior to the treatment, apple, carrot, orange or grapefruit juice for a brief fast. During the treatment, some V8 juice or pineapple juice.

Following the treatment he strongly recommends vitamin c, methionine, choline, inositol and lecithin be added to your daily supplements.

**A. SUGGESTED PRETREATMENT**

Do one or two days of modified fasting using fresh juices. Apple and carrot juice are probably the best. Unsweetened orange and grapefruit are next. Fresh is the first choice, fresh frozen second. Drink as much as you like!

**THE TREATMENT - RECIPE**

Pick a day when you have nothing much to do the next day, and preferably even the day after. Friday is best for most people who have the weekend off. Don't make any plans to go out!

DO NOT EAT ANY SOLID FOOD after noon on the treatment day. You may drink water or fresh juices, as much as you like.

DO NOT HAVE ANY FLUIDS after 6.30 pm (or 30 minutes before the start of your treatment) on the day of treatment. Give your stomach time to evacuate all the fluids. Then the olive oil won't float up on top of the fluid and your chances of nausea will be greatly reduced.

**YOU WILL NEED:**

One pint of cold virgin olive oil. One half-pint of freshly squeezed lemon juice. Peppermint oil (from your health food store) Pineapple or V8 juice. Measuring cup or tablespoon size measuring spoon If you should experience extreme nausea or vomiting, try chasing it with a small amount of V8 juice or pineapple juice. Or you might try adding a few drops of peppermint oil to the olive oil. Use one of these mixtures for a couple of doses and then go back to the olive oil and lemon juice without adding anything.

**THE TREATMENT**

12 Noon - Stop eating all solid food  
6.30 pm - Stop drinking all fluids 7.00 pm.  
Using a measuring device, pour ¼ cup (four tablespoonfuls) of olive oil and drink it. Follow immediately with one or two tablespoonfuls of lemon juice. Lie down and relax.

Repeat this every 15 minutes. Sit up, swallow it and lie down again. If possible, have someone else bring them to you. Relax, read or watch television.

Repeat the exact dosage every 15 minutes until you have swallowed all of the pint of olive oil. If there is any lemon juice left, drink it all. It is now probably 10.00 or 10.30 pm

~~Remember if you have terrible nausea or vomiting~~

**Disclaimer:** This information is extracted from sources believed to be reliable however we recommend that you consult a qualified naturopath or other health professional before acting on such information. Individual situations may require specific treatments which is beyond the scope of this and other articles on health problems.

sensations, use the peppermint oil in the olive oil, or chase the olive oil with a small amount of V8 or pineapple juice, until you can resume taking the plain olive oil and lemon juice.

While you are taking the olive oil and lemon juice, if it gets hard to swallow, take a little more time between doses. Try 20 minutes between doses, or 25 minutes. Try to swallow all of the oil and lemon juice. If you are too nauseated to get it all down, take as much as you possibly can.

You have finished the olive oil and lemon juice. Now go to bed and do your best to go to sleep. Lie on your right side. This position speeds up the process of the olive oil entering the gall bladder to act as a lubricant. This, along with the softening action of the lemon juice, will help to free the stones more easily and readily from the gall bladder. Stay in bed and forget everything until the urge to go the toilet comes.

That was really quite simple, wasn't it? About 2.00 or 3.00 am you'll probably wake up with the unmistakable urge to go to the toilet. It may not happen. For some, it doesn't happen until 11am the next day. If your first bowel movement is at 2.00 or 3.00 am you will probably have no stones in it.

You may notice green objects and maybe greenish liquid excrement in the toilet bowl. Those are small gall stones. Some gall stones may be dissolved by the treatment.

Dr Lewis found that 1% of people failed to pass gall stones. If you are one of these 1%, don't be disappointed. In some individuals, the powerful action of the lemon juice causes the stones to dissolve before they are passed out of the body. IF you have only greenish liquid bowel movements, the treatment has been effective.

Notice any increase in vitality that usually follows the treatment. Remember, optimum efficiency in the human body can only occur if all our God-given parts are working properly. An analysis of gall stones revealed they consisted of 91% cholesterol and the rest was bile salts, water and inert ingredients.

#### **FOLLOW UP:**

Take supplements to help your body to heal, including vitamins A,B,C,E and minerals especially magnesium and potassium. Also methionine, choline, inositol and lecithin. And whatever else your body tells you it needs. Stop eating deep-fried foods and any oils other than those that are cold pressed. Stop eating microwaved food. Suggested improvements to your diet are given in "A secret of anti-aging".

Drink 2 litres of good water a day. Once you have cleaned your gall bladder, the next step for you to regain perfect health may be to do a colon cleanse or a parasite cleanse.

WARNING: although most people have no problems with this cleanse, one person said that after 24 hours after doing the cleanse she ended up in surgery to remove her gall bladder. Apparently it had enhanced the effect.

#### **Candida Treatment, by Walter Last, naturopath:**

The medium-chain saturated fatty acids in coconut oil are potent antimicrobial agents, effective against fungi, viruses and many bacteria. The most effective fatty acids are caprylic acid (with 8 carbon atoms), capric acid (10 carbon atoms) and lauric acid (12 carbon). They appear to work by causing microbial cell walls to disintegrate. Coconut oil appears to be effective within days. With Candida take initially 4 tablespoons of coconut oil spread out during the day, and after improvement you may reduce this to 2 tablespoons for several more weeks.

This seems to be effective against systemic as well as localised infestations, including those of the genitals. However, it is advisable to apply coconut oil topically as well. The best commercial product is cold-pressed or virgin coconut oil. However, this has been heat-stabilised to destroy lipase. Therefore, my preference is self-made raw coconut cream or milk: press coconut pieces through a low-speed juicer, or alternatively blend with water, strain and refrigerate.

For topical applications and for those with fat malabsorption the lipase-rich coconut milk can be expected to be much more effective than heated coconut oil with only a very low concentration of free fatty acids. Alternatively, you may use lipase supplements with coconut oil.

# 12 Golden Rules For Health

## Avoid Trans Fatty Acids, Rancid Foods:

Consume only raw fats and oils. The only fats suitable for cooking are saturated fats such as lard, butter or coconut oil. Ensure all oily and fatty foods are fresh. Rancid oils in old seeds and nuts, oiled raisins (added to prevent sticking), and processed foods rob the body of vitamin E. Trans Fatty Acids cause serious circulation and heart problems.

Flax seed oil and other omega 3 oils go rancid very quickly. Freeze all omega 3 oils once container is opened. Preferably, grind your own flaxseeds (economical hand grinders are available) and freeze immediately. Ground linseeds may be combined with ground sunflower seeds and pumpkin seeds as well as some almonds to provide essential oils and protein. **Never cook with oils containing omega 3** and avoid all cooked, processed foods containing Canola, linseed or vegetable oils other than coconut oil.

## Avoid Dairy Products or consume only raw dairy produce in strict moderation:

Dairy is high in calcium. Most people in WA have an abundance of calcium in their system due to the high calcium content in our soils. What we need in our diet are the nutrients that balance calcium such as **magnesium**, phosphorus and **potassium** as well as the nutrients that help us assimilate calcium such as vitamin D, silicon and **organic sodium** (not salt).

## Avoid Gluten Grains:

Wheat, oats, barley and rye have the highest content. All grains however tend to be at least a little mucous forming. Sprouting grains before cooking on low heat (under 80 degrees C) helps reduce the gluten content. The least mucous forming grain is **rice** so this is the best choice if you feel you must have a grain.

## Have Variety:

Every food is a poison to at least some degree, therefore it is necessary to follow the seasons and only **consume produce in season** as nature intended. We should not indulge continuously, in any food longer than 3 months. Variety is the spice of life, it is also vital for our chemical balance.

## Exercise:

We must move to improve! Our circulation is stimulated by exercise and our lymphatic system is totally dependent on movement to function. Tonsillitis and appendicitis are symptoms of poor lymphatic drainage. If exercising vigorously, especially if sweating profusely, it is necessary to **ensure sufficient mineral intake** to replace nutrients lost via sweating.

## Fasting:

Most of us overload our digestive and eliminative systems by **over eating**. Fasting allows our over-taxed organs time to recover, resulting in a clearer mind and a rejuvenated body. Fasting 1 day a week and missing an evening meal 1 day a week is highly beneficial. In addition, fasting for up to 3 days monthly is reasonably easy for most people on a healthy diet but fasting needs to be approached with caution by those in poor health, preferably under the guidance of a health care professional.

Parasites hang on to rubbish in our system and will not let it go until killed. It is therefore necessary to go on a parasite cleanse using vermifuge herbs to gain the full benefit of fasting. The best eating pattern is: a hearty breakfast or lunch, followed by a light evening meal. Bee pollen ½ - 1 hour before meals will **help control our appetite**.

## Do it With Diet:

Taking supplements may be what your naturopath recommends, however pills are not natural (capsulated herbs or herb teas may be an exception) and we need to get off them as soon as practicable. There is now some doubt over the health benefits of vitamin E derived from soya beans and artificial vitamin C. Both nutrients are best derived from food. **Vitamin E is best derived from seeds and nuts**. Vitamin C is best from fresh fruits and natural sources such as Rose Hips, Acerola Cherry, Kakadu Plums etc. If mineral supplements are recommended, the most concentrated sources are vegetables, seeds,

nuts and herbs. Mineral whey is also high in organic minerals.

## Consume Clean Proteins:

Animal proteins contain the metabolic waste products of the animals as well as adrenaline which is produced as the animal senses its demise. Cleaner sources of protein are combinations of legumes, nuts and seeds at the one meal. **Spirulina, bee pollen and linseed combined** is said to be excellent. Bee pollen and carrot juice both contain all essential amino acids. For vitamin B12, occasional consumption of eggs, small fish (to avoid mercury), raw milk products and chicken appear to be the best sources. Individual needs for animal protein vary so we need to tune in to how we feel. If we really feel like a steak, perhaps we need it. Generally, for good health, meat from all sources may need to be limited to 2-3 times weekly.

**Consume Plenty of Fruit and Vegetables:** Fruits are **cleansing** and provide us with many vitamins. Grape diets and watermelon diets of 1 - 2 weeks are said to be very beneficial. **Vegetables provide the minerals** we need to build a strong body structure. The grasses are also extremely beneficial - try low temperature dried barley, wheat and alfalfa powders.

## Consume Mostly Raw Foods:

Raw foods contain **enzymes** which most of us lack. Many nutrients are destroyed in cooking and cooked food tends to clog our system. If we must eat cooked food, we need to ensure it is cooked on low heat (under 80 deg.) Ensure raw food touches our lips before any cooked food and always consume raw food with any cooked food. Our diet needs to contain at least 60% raw foods. The higher the proportion of raw foods, the better - aim for 80%, 90% or perhaps even 100% (much more difficult).

## Sprout Seeds and Nuts:

All seeds and nuts contain enzyme inhibitors that make digestion difficult. It is therefore necessary to soak them overnight to deactivate these enzyme inhibitors. They can then be consumed or left longer to sprout. After soaking, seeds and nuts can be dehydrated at 40 deg. C or less and then stored in a refrigerator for later use.

Sprouting or soaking overnight makes the nutrients in seeds and nuts more assimilate-able so if we are buying high quality, preferably organic produce, we may as well get the full benefit from it. Smell all seeds and nuts to ensure they are not rancid. Some nuts only sprout in their shell e.g. Macadamias, Pecans. Nuts that sprout well are Almonds and Peanuts (really a legume). Nuts are best used after soaking overnight as they can go mouldy. It is always best to buy nuts in their shell to ensure freshness - this especially applies to Pecans and Walnuts. All seeds sprout well if viable. **Avoid seeds that don't sprout**.

## Drink Pure Water:

Reverse Osmosis and Distilled water are the best sources. Inorganic minerals in tap and spring water are not readily utilised by our body and may be deposited in the arteries, kidneys, joints and other tissues. Most spring waters contain high levels of inorganic minerals. It is best to get our minerals from plants grown on mineral rich soils. **Washed sea vegetables** are another source (the ocean contains all minerals) as are **Goat's Mineral Whey** and dried **Alfalfa** powder.

Distilled water leaches inorganic minerals from the body because it is so pure. It will not however, leach organic minerals from the body. Therefore, distilled water can improve circulation by removing inorganic mineral deposits from the arteries. Avoid putting inorganic minerals into your body - this includes salt, inorganic mineral supplements, re-constituted fruit juice drinks and beer.

**Use a shower filter to remove chlorine** from the water. We may breathe in more chlorine from showering than we would do from drinking tap water. Chlorine depletes our vitamin E. 50% - 80% of the Inorganic Chlorine that is present in Hot Showers vaporizes to form (toxic) Chloroform.