

WHAT DOCTORS DON'T TELL YOU

Helping you make better health choices

JANUARY 2017 £4.25 WWW.WDDTY.COM



Alzheimer's hidden cause

PLUS: Gut bugs: the link with all diseases • A natural cure for skin cancer? • Banish migraine with these herbs • Chemo's appalling batting record • 'How I beat my back injury without surgery'



HIGH PERFORMANCE

LIPOSOMAL

NUTRIENTS



Altrient™ C

by **LivOn** LABS

Highest performance
vitamin C outperforming
all other supplements.

**61% Increase in
skin firmness***

**13.5% Reduction in the
appearance of fine lines
and wrinkles***

Proven to naturally
boost collagen
production achieving
firmer, younger
looking skin in a
matter of weeks.

*Based on a 16
week double
blind Placebo
controlled
clinical trial



High performance Vitamin C:

- Contributes to the protection of cells from oxidative stress
- Contributes to the reduction of tiredness and fatigue
- Contributes to the normal function of the immune system
- May support optimal overall health
- Supports Paleo, Zone and Vegan diets



**visit us: www.abundanceandhealth.com
or call: +4420 3239 4907**

 **ABUNDANCE & HEALTH**
HIGH PERFORMANCE NUTRIENTS

**WHAT DOCTORS
DON'T TELL YOU**

Unit 9 Woodman Works
204 Durnsford Road
London SW19 8DR
Tel: 0208 944 9555

Editors

Lynne McTaggart &
Bryan Hubbard

Managing Editor

Joanna Evans

Design

TTM&R
01483 811258

Production

Sharyn Wong

Contributors

Dr Rob Verkerk
Charlotte Watts
Markéta Bola
Dr Harald Gaier
Cate Montana
Celeste McGovern

Distribution Manager

Mark Jones
01686 414747

International licensing

Bruce Sawford
+44 (0)1280 860185

Social media & digital marketing

Buster Manston

Advertising

Trevor Jayakody
0208 9711655
trevor@wddty.co.uk

Customer service & online subscriptions

Sophie Costelloe
0208 9711651
sophie@wddty.co.uk

Print subscriptions

Esco Business Services
Trinity House, Sculpins Lane
Braintree, Essex CM7 4AY
01371 851883
Freephone: 0800 140 4657

LIABILITY STATEMENT

While every care is taken in preparing this material, the publishers cannot accept any responsibility for any damage or harm caused by any treatment, advice or information contained in this publication. You should consult a qualified practitioner before undertaking any treatment.

ISSN 1352-1241
© WDDTY News Ltd 2017
No part of this publication may be reproduced without permission.

Welcome
Lynne McTaggart and Bryan Hubbard
Editors



The people's choice:
Best and Most Popular
Health Website of the Year
www.wddty.com



Alzheimer's dark secret

Big Pharma has spectacularly failed with Alzheimer's, a failure recently underscored when Ely Lilly and Co announced in November that its promising Alzheimer's drug, solanezumab, had stumbled over the final hurdle in a late-stage clinical trial. The drug purported to zero in on early-stage amyloid plaques, clusters of brain proteins considered the hallmark of Alzheimer's. As *The New York Times* lamented (November 23), "No drug so far has been able to demonstrate that removing or preventing the accumulation of amyloid translates into a result that matters for patients: stalling or blocking some of the symptoms of dementia."

True Alzheimer's—in contrast to various other forms of senility—is diagnosed through evidence of actual physical damage to the brain. For example, Alzheimer's patients suffer from impaired tubulin, the protein needed for healthy neurofibrils, or connective nerve tissue; this leads to 'neurofibrillary tangles', where twisted fibres inside of neurons don't allow signals in the brain to connect properly.

But this is just an end result. Medicine has difficulty treating Alzheimer's because it may not be a specific illness with particular symptoms. What people may be suffering from is brain poisoning from multiple sources.

A number of environmental onslaughts can cause damage to the brain, especially heavy metals like aluminium and mercury—the latter usually from amalgam fillings.

Indeed, a recent review of all the evidence for mercury toxicity concluded that the concentration of mercury in the brain correlates with the number of amalgam fillings in the mouth. The higher the number of fillings, the greater the amount of mercury stored in the brain. Ex-smokers trying to quit fare even more badly; those with silver fillings who chew nicotine gum may, in the long term, increase their mercury levels by a factor of 10.¹

Other evidence has shown that mercury vapour released by chewing is inhaled into the lungs, where it rapidly enters the bloodstream and swiftly makes its way into the brain.² At least seven major amalgam manufacturers have issued warnings that amalgam fillings can cause mental and mood deterioration.

While new evidence strengthens the connection between aluminium poisoning and Alzheimer's disease, in one animal study from the University of Kentucky, rats fed

aluminium had no change in tubulin levels, whereas those given mercury displayed diminished tubulin levels similar to those typically seen in Alzheimer's patients.

Although animal studies may not apply to humans, studies at the University of Calgary in Canada have shown that mercury markedly inhibited tubulin levels in both rats and monkeys.³

Certainly, it is difficult to dismiss the mounting evidence of some role for aluminium in the development of the disease. It may be, as some suggest, that the brain—depleted of protective minerals like zinc and selenium, and overwhelmed by mercury—is susceptible to aluminium deposition. Or it could simply be that both aluminium and mercury contribute.

Aluminium is pervasive—it's in our water and in commercially prepared orange juice, food, cosmetics, drugs, deodorants, cooking utensils and flip-top cans. Nevertheless, the amount that the brain is exposed to does

not compare with the dose of mercury it receives when it's inhaled with every chew.

Those are important slow-motion poisons, but not the major one, says Dr Marilyn Glenville in our cover story (page 50); the most pervasive and underrated poison is simple sugar in our diets. The

latest evidence suggests that Alzheimer's is 'type 3 diabetes' where, faced with an avalanche of sugar in the daily diet, the body loses the ability to control insulin in the brain.

Today, refined carbohydrates are so ubiquitous that most people's diets are made up of little besides sugar. Anything in a package or can, from bread to sauces, is made with refined sugar of some variety.

Remove refined sugar from your diet and you'll go a long way towards preventing Alzheimer's.

Modern medicine is built on tidy classifications. Rather than seeing a disorder as unique to the individual, illness tends to be given a label with an organic or infective cause.

The reason we don't have a cure for Alzheimer's is that medicine persists in attempting to fix a 'faulty' brain chemical. The cause of Alzheimer's appears to be, purely and simply, environmental insults.

Prevention and possibly even a cure for Alzheimer's is simple: stop poisoning your brain with toxic metals and junk food.

“The most pervasive and underrated poison is simple sugar in our daily diets”

REFERENCES

- 1 N Engl J Med, 2003; 349: 1731-7
- 2 J Orthomol Med, 1998; 13: 31-40
- 3 J Neurochem, 1994; 62: 2049-52

Asweet solution to Alzheimer's⁵⁰

The latest evidence suggests that Alzheimer's disease is a 'diabetes' of the brain. Dr Marilyn Glenville investigates

Gut bugs: the link with all diseases²⁸

The microbes in your gut can have far-reaching effects on the body and may be the key to healing everything from spinal cord injury to stroke

Anatural cure for skin cancer?⁵⁸

An Australian biochemist claims to have formulated a revolutionary cure for skin cancer with a cream derived from a little-known nightshade

Banish migraine with these herbs⁴⁷

Naturopath Harald Gaier has the best herbs to prevent and treat this, often debilitating, chronic headache disorder

'How I beat my back injury without surgery'⁶⁶

Fitness fanatic David Roach was told he'd never exercise again, but a therapy called myofascial release gave him his life back

38

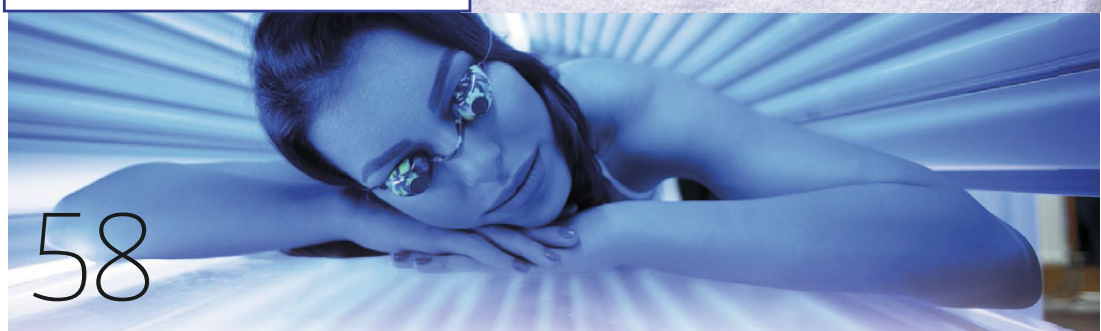


45



50

8



58

Your views are important to us. Please contact us at:
WHAT DOCTORS DON'T TELL YOU Unit 9 Woodman Works 204 Durnsford Road London SW19 8DR
Telephone: **02089449555** | email: **info@wddty.co.uk** | web: **www.wddty.com**



47

HEALTH FACTS IN THIS ISSUE:

1 in 5 Americans will develop some sort of **skin cancer** in their lifetime

Some **70%** of people suffering from **type 2 diabetes** go on to develop **Alzheimer's**

Maple syrup contains **15 times** more calcium than **honey**

Rituximab was the bestselling chemo drug of 2015, with worldwide sales of **\$7.1 bn**

UK households throw away **£2.6 billions'** worth of **fruit and vegetables** every year

NEWS

- News 3**
Red wine could be good for asthma; neem ingredient reverses prostate cancer
- Drug news 17**
China refuses to release safety record of HPV vaccine; NSAID painkillers raise risk of heart failure

NEWS FOCUS

- Chemo's early victims 20**
Around 8 per cent of cancer patients are dying within 15 days of starting treatment
- Vegemates 26**
Check out these food storage tips to reduce fruit and veg wastage

HEALTHY LIVING

- Getting to the top 38**
Charlotte Watts shares her top tips for dealing with a tight neck and shoulders
- A juicy cure 45**
Raw-food chef Markéta Bola has a clean green smoothie to get your new year off to a fresh start

HEALTHY SHOPPING

- Back to basics 74**
These all-natural hair and body care essentials will help simplify your switch to non-toxic toiletries
- Inside the box 76**
Tried and tested recipe box kits to save you time and hassle

REGULARS

- Readers' letters 7**
- The politics of health 25**
Advocates of alternative treatments are getting attacked, says Rob Verkerk
- Practitioner directory 80**
Listings for complementary and alternative practitioners in the UK
- Resources and coming next month 81**
Find out more about the topics covered in this issue and what's in store for the next
- The last word 82**
The rise of the superbug is threatening modern medicine, says Bryan Hubbard



28

Subscriptions: **0800 140 4657**



WHAT DOCTORS DON'T TELL YOU

Editorial Panel

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



Dr. Jean Monro, medical director of the Breakspear

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



Dr. Damien Downing, whose practice specializes in

allergy, environment and nutrition, is current president of the British Society for Ecological Medicine and on the editorial board of *Orthomolecular Medicine News Service*. Chief Medical Advisor of cancer charity Yes to Life (www.yestolife.org.uk), he is also the author of numerous books, including *The Vitamin Cure for Allergies*.



Dr. Harald Gaier, arguably the UK's most knowledgeable

practitioner of the major alternative medical disciplines, is registered in the UK as an osteopath, homeopath, acupuncturist, naturopath and medical herbalist. Former director of medical research at The Hale Clinic and the Diagnostic Clinic and a committee member of the Prince of Wales' Foundation for Integrated

Health, Dr. Gaier is author of numerous scientific papers and *The Encyclopedia of Homoeopathy*.



Dr. Michel Odent, a French-trained surgeon and

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



Dr. Melvyn Werbach, trained as a psychiatrist, is an expert in

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



Dr. Jonathan Wright, medical director of the

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



Dr. Sarah Myhill has worked in the NHS and private

practice since qualifying from the Middlesex Hospital Medical School in 1981. For 17 years she was the Honorary Secretary of the British Society for Ecological Medicine (renamed from the British Society for Allergy, Environmental and Nutritional Medicine), a medical society interested in environmental causes of disease and non-drug treatments. She helps run the Society's training courses and lectures regularly on topics such as chronic fatigue syndrome.



Janet Balaskas, who named and inspired the

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



Craig Sams is co-founder of Whole Earth Foods, a

leading organic food company, and founder and President of Green & Blacks Organic Chocolate. Currently he is director of Soil Association Certification, executive chairman of Carbon Gold Ltd, a carbon

sequestration business based on the use of biochar as a soil improver, and a trustee of the Slow Food Trust UK. He is also the author of four books, including *The Little Food Book*.



Sally Bunday is founder of the the Hyperactive Children's Support

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



Arnica for arthritis

Dear WDDTY I found your article giving 24 ways to beat arthritis interesting (WDDTY December 2016). But may I add a 25th?

For some years—around seven or eight—I have rubbed *Arnica montana* salve on my thumbs, which had been giving pain for a long time. It has virtually eliminated the pain, and my thumbs are back to normal.

A couple of years ago when on holiday in Morocco, staying in a remote village in the Atlas mountains, I was talking to the owner of a little shop who told me that the use of *Arnica* by the Berbers against arthritis was very common.

Peter Ball, via email

Life-changing pain relief

Dear WDDTY Thank you for your very interesting article in the August 2016 issue, on SCENAR (Pain relief in your pocket). On the strength of that piece, I decided to buy an RITM CHANS-02-SCENAR device directly from Russia.

I have been amazed with the results I have achieved with the pain and discomfort I have suffered over the last 20 years with sciatica on my left leg after being injured in a road traffic accident. After two weeks of using the SCENAR device twice a day, the pain subsided to a dull ache and the numbness all but disappeared. Another fortnight's treatment resulted in total relief, and a patch of thick, dry painful skin that had developed on my thigh also disappeared.

After my own positive experience, I went on to help friends and family with equal success and have had to order more SCENAR devices. I also updated my SCENAR for a more 'professional' version.

It is a fact that this technology would have been discredited by the vested interests in the West (unlike in Russia). But at least we have WDDTY to bring us a non-judgemental approach to this healing, and for me it has been a life-changer. This is my reason for being a subscriber to your publication.

Steve Rogers, Norwich

Please sign our petitions

Dear WDDTY Thank you for your article on the dangers of the nasal flu vaccine in the December 2016 issue.

Please could you mention the Arnica UK Parents' Support Network petitions to get this vaccine out of UK primary schools? Many parents are concerned about the possible spreading of GM [genetically modified] flu particles to those not consenting, and also to those in the wider school communities.

Links to the petitions (one is a Change.org petition and the other is petitioning the Department of Health) with the full details can be found on www.arnica.org.uk.

The Arnica UK Parents' Support Network is a non-profit peer-support network founded in 2007 by Anna Watson. It is supported by parents and health professionals who are passionate about natural immunity and vaccine safety.

We would be extremely grateful for your support on this very important matter.

Melissa Wakeling, Teddington Arnica Leader, via email

What's that smell?

Dear WDDTY As long-time subscribers to your magazine, we are disappointed every time a new issue appears—not in its content, but its smell! Are you not aware that it has as strong a smell in terms of chemicals as any glossy woman's magazine?

I have chemical-sensitivity problems and find WDDTY a real polluter. Having just seen your article 'Pure and simple', I thought perhaps you could be nudged into doing something about your printing process and produce a less polluting product!

Have a look, or rather a sniff, at some other magazines; *The Economist*, for example, smells much less.

Tina Crowther, via email

WDDTY replies *Thanks for the feedback, Tina. We haven't noticed the smell ourselves. Have any other readers? We shall investigate.*

Drs, not Dr

Dear WDDTY I read recently the article 'Space age healing in your pocket' (August 2016), for which I was interviewed. Thank you for the article, but unfortunately, I am mistakenly mentioned to be a Dr. I fear that my mentioning that I passed my 'doctoral' exams led to this mistake in spite of the fact that I also mentioned that, therefore, I am not a doctor but a 'doctorandus', initials 'Drs'.

It was a common title; 'doctoral' exams lead to the title 'Drs' and 'doctorate' exams (with a t) to the title 'Dr'. It appears that that title is now slowly being phased out and replaced by the title 'Master'.

I would like to ask you kindly to rectify this mistake in a note in your next issue if possible.

Drs Rob Esser, via email

WDDTY replies *Apologies. The 's' after Dr was assumed to be a typo and removed at the editing stage.*

WIN A FREE EBOOK!

Write to us and you could win a free *Healing Foods* ebook if we publish your letter. The book is packed with information on the top disease-fighting foods you should be eating.



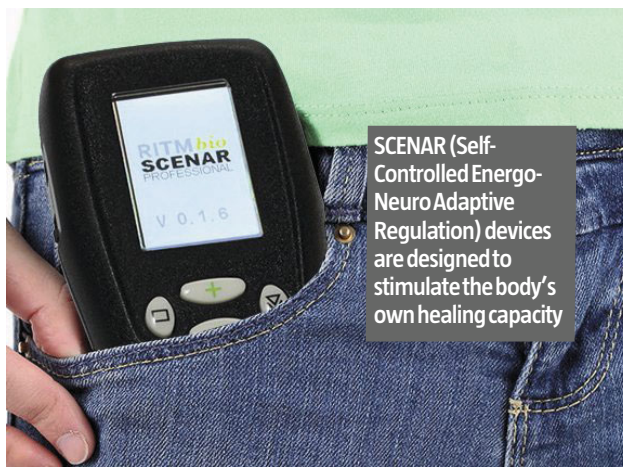
GET IN TOUCH: Share your views on *What Doctors Don't Tell You* via email, Facebook, Twitter or snail mail.

Address: *What Doctors Don't Tell You*, Unit 9 Woodman Works, 204 Durnsford Road, London SW19 8DR

Email: letters@wddty.co.uk

Facebook: www.facebook.com/wddty

Twitter: www.twitter.com/wddty



SCENAR (Self-Controlled Energo-Neuro Adaptive Regulation) devices are designed to stimulate the body's own healing capacity



Bad teeth triple heart-disease risk

People who have untreated tooth infections and gum disease are nearly three times more likely to suffer from heart disease.

Although a link between tooth and gum health and cardiovascular disease is already known, the new study says the risk is far greater than earlier research had suggested. Poor gum health has

already been linked to diabetes, Alzheimer's disease and problems during pregnancy.

When researchers at the University of Helsinki in Finland monitored the heart health of 508 patients (mean age: 62), they found that 169 of them had an acute cardiovascular problem that directly correlated with tooth and gum infections that hadn't been treated.

In fact, those who had good oral health were far less likely to

have any heart problems, whereas those whose tooth infections had not been treated had a 2.7 times greater risk of cardiovascular disease.

A root infection typically manifests as an abscess, but sometimes mouth infections have no obvious symptoms. Aside from getting their infections treated, people should brush their teeth twice a day and cut down on sugary foods and drinks, says the Oral Health Foundation.

J Dent Res, 2016; 95: 1358-65

Jet-lagged? Eat with the locals

Jet lag is a problem for most long-haul travellers—but trying to sleep it off when you arrive is probably not the best tactic. Instead, start eating meals at the same time the locals do, new research suggests.

Cabin crew who are constantly flying across several time zones often try to overcome any jet lag by sleeping and avoiding caffeine. While these strategies can help, a better approach is to fall into the local time as quickly as possible, especially for meals.

Eating meals at local times can help you cope better with jet lag than just collapsing into bed, say researchers from the University of Surrey. They tested the theory on 60 long-haul cabin-crew workers, who either ate meals regularly on

their days off in the destination city or followed no meal plan and ate when they felt like it.

Although both groups suffered some jet lag, the symptoms were less severe among those who followed a regular meal plan based on the local time. They were also more alert, the researchers said.

Psychol Health, 2016; 32: 61-77



Garlic breath? Chew on some lettuce

Garlic is good for us—but not so good for our breath. A simple solution is to chew on raw apple, lettuce or mint leaves afterwards, new research has discovered. They all can halve the level of bad breath for 30 minutes.

Researchers at Ohio State University gave a group of volunteers who had eaten some garlic cloves a range of antidotes, from plain water to raw, juiced or heated apples, lettuce or mint leaves, or green tea.

All the remedies helped reduce garlic breath, but the most effective were the raw apples, lettuce and mint leaves. Compared with the heated or juiced ones, the raw versions delivered a one-two punch, first by destroying the odours that contribute to garlic breath, and then by attacking the 'volatile' compounds that help sustain it.

J Food Sci, 2016; 81: C2425-30





Placebo works for back pain (even when you know you're taking it)

A placebo can be as effective as a drug for reducing lower-back pain—even when the person knows he's been given a dummy pill. Back-pain patients told they're taking a placebo still report a 30 per cent reduction in pain and disability.

Around half of 97 patients with chronic lower-back pain were given a pill bottle with the word 'Placebo' printed on it—after they'd been told that a placebo contains no active ingredient—along with a standard NSAID (non-steroidal anti-inflammatory drug) painkiller, while the remainder of the group was given just the NSAID.

After taking the pills twice a day for three weeks, the patients taking the placebo plus the NSAID reported a 30 per cent reduction in pain compared with a 9 per cent decrease in those given only the NSAID.

Indeed, other chronic problems, such as fatigue, depression and common digestive or urinary symptoms, might also respond well to a placebo even when the patient is told beforehand, say researchers from the ISPA University Institute in Lisbon, Portugal.

Researcher Ted Kaptchuk, who is also a professor of medicine at Harvard Medical School, reckons that the placebo works because it's part of a process that includes interaction with a nurse or physician, taking pills and "all the rituals and symbols of our healthcare system", he says.

Pain, 2016; 1: doi: 10.1097/j.pain.0000000000000735

Get the point? Acupuncture cuts hot flashes by half

Acupuncture can halve the frequency of hot flashes suffered by women going through the menopause.

The rate of hot flashes and night sweats went down after three or four treatments in around half the women tested, say researchers who tested the therapy in 209 peri- and postmenopausal women

experiencing at least four hot flashes or night sweats every day.

Nearly half the women saw a 47 per cent reduction, while almost 12 per cent reported that their episodes had stopped almost completely—although 4 per cent actually saw the problem increase.

The women had up to 20 acupuncture treatments within six

months, and most of those who saw their flashes decrease started seeing improvements after three sessions, say researchers from Wake Forest School of Medicine.

Menopause, 2016; 1: doi: 10.1097/GME.0000000000000735

Two sugary drinks a day double the risk of autoimmune diabetes

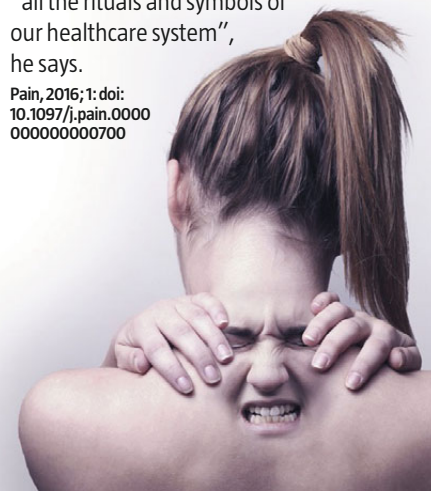
Everyone knows that sugary drinks can cause obesity and type 2 diabetes—but they could be doing even more damage than that. Drinking just two or more sweetened beverages a day could be triggering a more serious form of diabetes that leaves sufferers having to inject insulin every day to stay alive.

The risk is the same whether the drinks are sugar-sweetened or 'diet' versions using artificial sweeteners. Just drinking two or more cans or bottles a day can more than double the risk of latent autoimmune diabetes in adults, or LADA, which has features of diabetes that can develop into type 1, plus features of type 2—so it's sometimes called 'type 1.5 diabetes'.

Drinking two 200-ml drinks of sweetened or diet cola increases the risk of LADA by 2.4 times, say researchers at the Karolinska Institute in Sweden, who examined the diets of 357 people diagnosed with LADA and compared them with 1,136 people with type 2 diabetes and 1,371 healthy, non-diabetic adults.

The sugary drinks could be causing insulin resistance, the hallmark of diabetes, while the diet versions may be interfering with bacteria in the gut, causing glucose intolerance, the researchers say.

Eur J Endocrinol, 2016; 175: 605–14



Cheers! Red wine could be good for asthma (and even depression)

Red wine may be an effective alternative to antibiotics for treating diseases of the upper respiratory tract and lungs like bronchitis, asthma, middle-ear infections and lung diseases. And if used carefully, it could also be a way to defeat depression.

Red wine's 'magic' ingredient, resveratrol, combats the bacteria associated with a range of upper respiratory tract problems usually treated with antibiotics. It controls the inflammation caused by the bacterial pathogens that then lead to the distressing symptoms of those diseases.

This could be a breakthrough discovery, say researchers from Georgia State University. Asthma causes 250,000 deaths in the US alone every year, and asthma and lung diseases are the third major killer—while the overuse of antibiotics has helped to create superbugs that are resistant to drugs.

More controversially, red wine—and alcohol in general—might be an antidepressant. But it's a delicate line to walk, say researchers from the University of Texas at Austin, because depression and alcohol are so intertwined.

It appears that alcohol follows the same neural pathways that antidepressant drugs use, and they reckon that one strong shot of alcohol might relieve depressive symptoms for 24 hours with the same biological effects as an antidepressant like ketamine.

As such biological changes have been seen in animal tests, the mechanism seems to be real enough. The problem is, with people, would just one drink ever be enough?

And there's another hazard that comes with drinking. Researchers have found that even moderate drinking can alter the physical structure of the heart in ways that increase the risk of atrial fibrillation/flutter, or irregular heart beats, itself a risk factor for stroke.

Researchers at the University of California at San Francisco (UCSF) were surprised that drinking just one glass of wine a day started altering the heart's physical dimensions, particularly the left atrium, when they monitored the hearts of 5,220 adults (mean age: 56) from the Offspring and Original Framingham Heart Study who reported drinking a glass of wine every day. Over a median 6-year follow-up, 1,088 people developed atrial fibrillation, and the researchers reckoned the risk increased by 5 per cent for every additional drink a day.

On the other hand, as the researchers admit, other studies have shown that moderate drinking reduces the risk of heart disease—but, clearly, not atrial fibrillation.

Sci Rep, 2016; 6: 34445 (inflammation study); Nat Commun, 2016; 7: 12867 (antidepressant study); J Am Heart Assoc, 2016; 5: e004060 (atrial fibrillation study)

Sleep as Nature Intended...



Are you careful about what you eat? Scrupulous about what you drink? Do you exercise and keep your mind active? Lots of people reading this will already be doing those things and more, but do you know what you're sleeping on?

Until the 20th century mankind slept on natural materials, materials such as horsehair and cotton and wool. Now most people would be hard pressed to tell you what's in their mattress. We are experts in healthy sleep, here to help you clean up your bedroom environment, so feel free to give us a call or email us for more information.

With the evenings getting colder, it's time to wrap yourselves up in lovely wool duvets and pillows. Use the code PILLOW16 to get two free organic wool pillows with each order.



www.abacaorganic.co.uk

info@abacaorganic.co.uk

Telephone: 01269 598 491

Eight glasses of water a day? It's an urban myth

It's an 'urban myth' that we need to drink eight glasses of water a day. In fact, say researchers, drinking too much might even be fatal.

Instead of following a strict plan, it's better to just listen to your body and drink when you feel the need, say researchers from the University

of Melbourne in Australia. Our brain has a 'swallowing inhibition' that stops us from drinking when we've had enough, and if we override that message and continue to drink, we could even kill ourselves.

The researchers point to several cases of marathon runners who

drank too much water before the race and died of water intoxication, or hyponatraemia, when sodium levels in the blood are abnormally low, causing lethargy, nausea, convulsions, coma and death.

Proc Natl Acad Sci U S A, 2016; 113: 12274-9

Tai chi helps relieve chronic neck pain

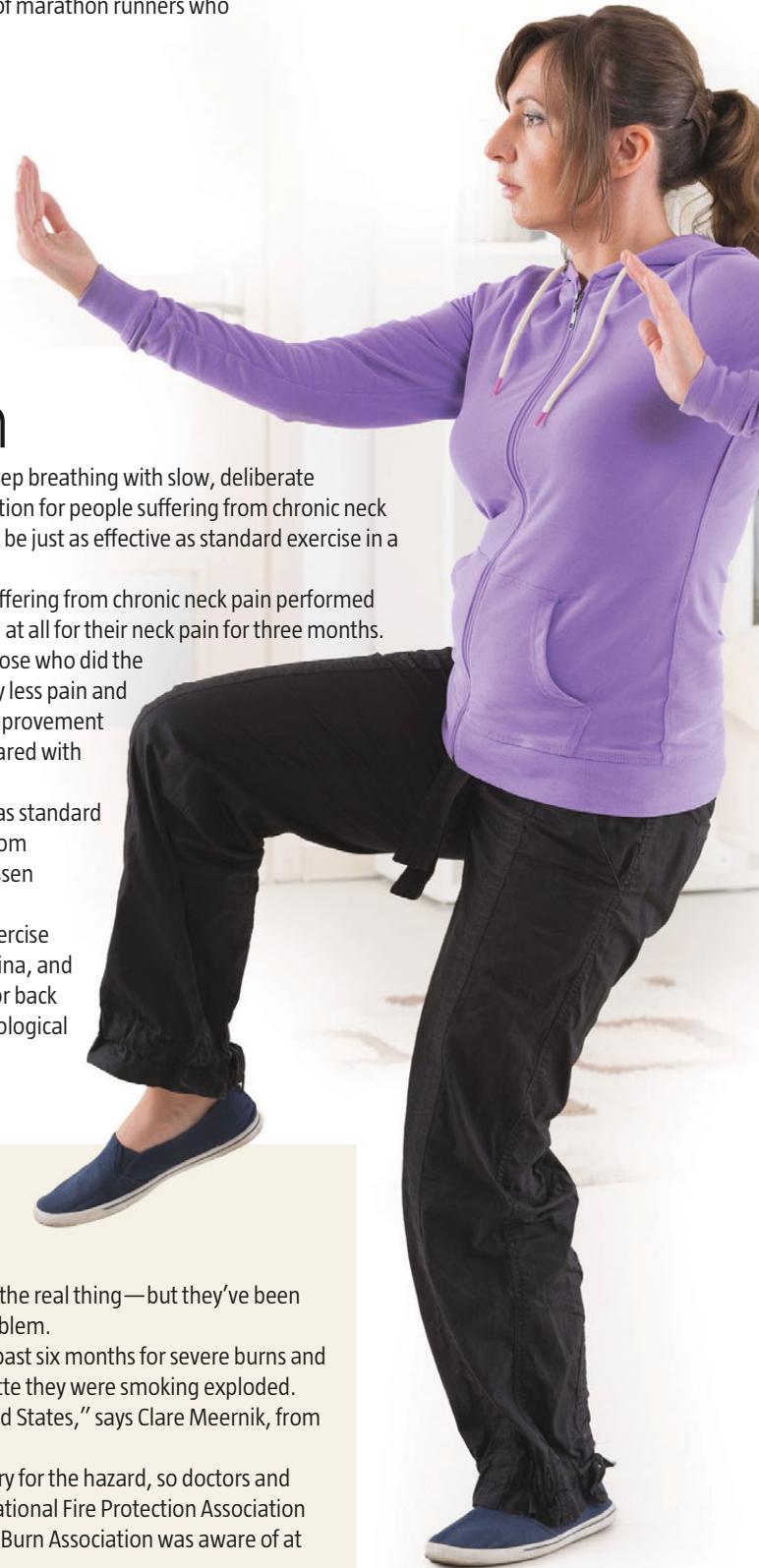
Tai chi, which combines deep breathing with slow, deliberate movements, is another option for people suffering from chronic neck pain, as it's been proven to be just as effective as standard exercise in a new study.

A group of 114 people suffering from chronic neck pain performed either Tai chi or did nothing at all for their neck pain for three months. By the end of the period, those who did the Tai chi reported significantly less pain and disability, plus an overall improvement in their quality of life, compared with those who did nothing.

Tai chi is also as effective as standard exercises, say researchers from the University of Duisburg-Essen in Germany.

The traditional form of exercise was developed in ancient China, and has already proved helpful for back pain, rheumatism and psychological disorders.

J Pain, 2016; 17: 1013-27



E-cigs are exploding, but nobody's reporting it

Smoking e-cigarettes, or vaping, is supposed to be a safer option than the real thing—but they've been exploding, causing serious facial burns, yet no one is reporting the problem.

One hospital in North Carolina says it has treated 10 patients in the past six months for severe burns and fractures—including one patient who lost his sight—after an e-cigarette they were smoking exploded.

"We know that this is a big problem at burn centres across the United States," says Clare Meernik, from the University of North Carolina at Chapel Hill.

Part of the problem is that surveillance systems don't have a category for the hazard, so doctors and patients don't have anywhere they can register the incident. The US National Fire Protection Association listed just 15 e-cigarette explosions and fires in 2015, yet the American Burn Association was aware of at least several hundred cases that year.

BMJ, 2016; 354: i5024



New Year
New You

lavera

NATURKOSMETIK

Kickstart your New Year's
resolution with the lavera
natural make-up range

25% OFF
all lavera
make-up

Valid from 1st - 31st January 2017



Available from participating health
stores, independent pharmacies and
online

www.laverauk.co.uk



100% certified natural personal care
That's what lavera stands for - since 1987.
With the 10-point quality guarantee.





PROSTATE CANCER NEWS #1 Neem ingredient reverses prostate cancer

A bioactive compound found in the neem plant (*Azadirachta indica*) could reverse prostate cancer. In just 12 weeks, it has reduced tumour size by 70 per cent and halved the rate of cancer growth. These astonishing results have been seen in tests with laboratory mice given oral nimbolide, the active terpenoid compound in neem — with no adverse reactions.

The researchers, from the National University of Singapore, believe that nimbolide directly targets an enzyme that plays a key role in the development of prostate cancer (as well as other, diverse types of cancer).

Neem is routinely used in Ayurvedic medicine, the traditional medicine of the Indian subcontinent, and its leaves and bark can be found in many personal-care products, including soaps, toothpaste, skincare aids and dietary supplements.

Although other studies have shown that neem has cancer-fighting properties, these researchers are the first to identify the biological agent and mechanisms behind those anti-tumour effects.

Antioxid Redox Signal, 2016; 24: 575–89

PROSTATE CANCER NEWS #2 Don't treat slow-growing prostate cancer, say researchers

Men recently diagnosed with a slow-growing prostate cancer can safely adopt a 'watchful waiting' strategy instead of having it immediately treated, a new study has revealed.

The vast majority of Swedish men with low-risk cancers are choosing active surveillance, which involves regular checkups and blood tests — and they're likely to live just as long as those who opt for treatments like radiotherapy and surgery.

Up to 91 per cent of men in Sweden diagnosed with very

low-risk prostate cancer, and 74 per cent with low-risk cancer, are choosing active surveillance over treatment, say the researchers from New York University, and several universities in Sweden, who analyzed the response to the cancer diagnosis in more than 32,500 Swedish men over a five-year period.

The usual response in the US to a prostate cancer diagnosis is invariably aggressive, with immediate treatment recommended, but the 'take-home' message for Americans is

that they too can benefit from a 'watchful waiting' approach, say the researchers.

Other studies have found that the life expectancy of those who opt for treatment and those who don't is about the same, while those who have their cancer treated are likely to suffer life-damaging side-effects, such as impotence.

JAMA Oncol, 2016; doi:10.1001/jamaoncol.2016.3600



PROSTATE CANCER NEWS #3 Standard prostate cancer treatment doubles dementia risk

ADT (androgen deprivation therapy), used against prostate cancer, also doubles the chances of dementia, a new study has found. It's the standard treatment for prostate cancers that have spread — but doctors should perhaps start looking for a safer alternative, say researchers.

ADT lowers testosterone levels, but this also appears to have an impact on the patient's chances of developing dementia or Alzheimer's disease years later.

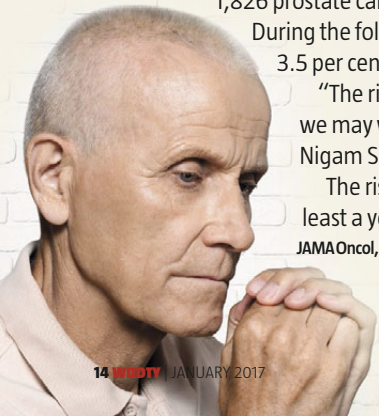
In the new study, researchers at the Stanford University School of Medicine tracked the progress of 1,826 prostate cancer patients (median follow-up: 3.4 years) who had received ADT.

During the follow-up period, nearly 8 per cent developed dementia compared with 3.5 per cent in prostate cancer patients who didn't use ADT.

"The risk is real and, depending on the prior dementia history of the patient, we may want to consider alternative treatment," said lead researcher Dr Nigam Shah.

The risk was greatest among men aged 70 and older and taking ADT for at least a year.

JAMA Oncol, published online October 13, 2016; doi:10.1001/jamaoncol.2016.3662



Immunotherapy a game changer? Curb your enthusiasm

Immunotherapy, the new cancer treatment that harnesses the body's own immune system, has once again been described as a 'game-changer' after a new study found it helped people with head and neck cancers to live longer.

But while pretty much anything is better than chemotherapy, immunotherapy is not quite the magic bullet that drug companies would have you believe (see News Focus, page 20).

For one, while those given the immunotherapy drug nivolumab did live longer than those who had chemotherapy, it was only by two months.

In a study of 361 patients with head and neck cancer, 36 per cent of the immunotherapy patients were still alive a year later — which means that 64 per cent still weren't helped by the drug — compared with 16.6 per cent of those given chemotherapy.

However, nivolumab did maintain function and reduce — or even improve — symptoms for up to 15 weeks, so "improving quality of life", said researchers from the Royal Marsden Hospital in London.

N Engl J Med, 2016; 375: 1856–67



Psychotherapy may work best in the morning

Tried psychotherapy and it didn't work? Then try it again, but this time, make sure it's a morning session. Levels of cortisol, a hormone that helps us cope with fear, are at their highest before lunch, and this could make a therapy session for anxiety, fears and phobias more effective.

The theory was tested on 24 people with panic disorder and agoraphobia, or a fear of public spaces, who received three weekly therapy sessions using 'exposure therapy', where the patient is purposely put in a situation that induces panic or fear.

Although all of the patients improved over the three weeks, the biggest improvements were achieved in sessions that took place in the morning, according to researchers from Southern Methodist University in Dallas, Texas.

Psychoneuroendocrinology, 2016; 74: 197–202



Food poisoning could trigger Crohn's years later

Crohn's disease or colitis—the life-destroying condition characterized by chronic inflammation of the intestines—could be triggered by bacteria in the gut from a bout of food poisoning even years earlier.

The bacteria related to food poisoning can stay in the gut for years and encourage the growth of another type of bacteria—adherent-invasive *Escherichia coli* (AIEC)—which have been linked to the development of Crohn's, say researchers at McMaster University in Canada.

The theory is so far based only on tests in laboratory mice, which had higher levels of AIEC in their gut even after they had supposedly expelled the bacteria after a bout of food poisoning. Over time, their symptoms got worse, and they started to suffer from inflammation in the intestines, a typical symptom of Crohn's.

PLOS Pathog, 2016; 12: e1005907

The young are dangerously deficient in vitamin D

The UK's 'safe sun' policy is producing a generation of children who are depleted in vitamin D and so could suffer from serious bone loss in the years ahead, a new study has discovered.

Adolescents aged 14 to 18 have dangerously low levels of vitamin D—the 'sunshine vitamin'—at a time when their bone mass is still developing, say researchers from the University of Surrey.

The researchers checked blood levels of the vitamin in 110 teenagers at the end of summer, when they should have been at their highest following a summer in the sun.

But adolescents are now more likely to want to stay indoors, say the researchers, and years of 'safe sun' advice can't have helped, especially as it's based on exposure to the heat and sun of Australia, which is far more intense than in northern climes.

At the very least, say researchers, adolescents should be supplementing with D3, especially during the winter when the sun is too weak to naturally replenish the body's vitamin D levels.

In this study, half the adolescents were given daily vitamin D supplements with 0, 10 or 20 mcg of vitamin D3 for 20 weeks during the winter. Based on their findings, they recommend that adolescents need to supplement with 10–30 mcg/day of D3, especially in winter, to maintain healthy blood levels of vitamin D.

Am J Clin Nutr, 2016; 104: 1301–9



Knee trouble? Don't hang up your boots just yet!

Flexicoll helps Football coach...

Kevin McGoldrick, 43 from Kirkintilloch, Glasgow, is a football coach in Northern China and was a former club coach officer for the Scottish Football Association. For years he suffered with pain and restricted movement in both knees following an injury at the age of 16.

"The injury I suffered at the age of 16 left me with a slight limp and restricted movement in both knees, not to mention constant pain. I was a Scottish International at U15/16 level at the time and I had dreams of playing professionally. I did go on to sign for Queen's Park in 1993 but the injury I sustained as a teenager hampered my progression in the game and I had to retire from playing professionally in 2000. However at just 27 I had no intention of hanging up my boots just yet!

Instead I turned my attention to coaching, working with Queen's Park and Stenhouse Muir, where I was assistant manager and head coach to the U17 and U19 squads, before becoming Club Coach Officer at the SFA and more recently, overseas lead coach in Northern China. It goes without saying I love my job but my early knee injury has never left me. When a friend and fellow sportsman suggested I try a collagen supplement called Flexicoll™ to help with the pain I didn't hesitate. A keen golfer he had been on a waiting list to have a knee replacement but after two months of supplementing with Flexicoll, he was back on the course having cancelled his operation!



After taking Flexicoll for four months the improvement in my mobility was significant.

I still get the occasional twinge and if I forget or stop taking Flexicoll the pain is quick to return, but on the whole it is much more manageable than before.

I now place regular orders from the other side of the world!"

One serving of Flexicoll™ contains 5000mg of the bio-available award winning collagen Fortigel, plus Rosehip and Celadrin® with the addition of Hyaluronic Acid to help cushion the joints. £29.95 for 30 daily servings.

Available from Independent Health Stores. For more information call **+44 (0)1670 511066** or visit **www.flexicoll.com**

- Flexicoll™ is not an instant pain relieving product; it does not just mask symptoms it works over a period of time repairing and renewing tissues.
- Flexicoll can sometimes take 6-12 weeks to see maximum benefits but results may be seen in as little as 3 weeks.
- The main ingredient in Flexicoll™ is Fortigel® Hydrolysed Collagen. Fortigel® has won awards for the Best Natural Product for 5 consecutive years in Poland for sports injury repair and the relief from osteoarthritis symptoms.
- Flexicoll™ improves the condition of skin, hair, nails and strengthens gums, ligaments and tendons and can repair damage to cartilage.
- It also helps to lubricate the joints and minimise wear and tear by helping to reduce the friction.



DRUG NEWS

China refuses to release safety record of HPV vaccine

China's drugs regulatory body, the China Food and Drug Administration (CFDA), is refusing to release safety reports for the Cervarix human papillomavirus (HPV) vaccine ahead of the drug's nationwide launch next year.

The vaccine, manufactured by GlaxoSmithKline (GSK), is to be made available to all girls in China aged from nine to 25 years.

Designed to prevent cervical cancer, it was tested for six years on 6,000 Chinese girls—but authorities are now refusing to release the toxicology reports and clinical trial data that would reveal any side-effects and adverse reactions suffered by the tested girls.

Activists in Beijing requested that the CFDA release the data last July, but it has refused to do so because it "involves enterprise commercial secrets"—in other words, the results are a 'trade secret'.

One reason for the secrecy could be because the trial wasn't properly designed and the vaccine was never tested against an inert placebo.

If they had, then any adverse reactions in those given the vaccine could have been compared with those with the placebo, so providing a risk profile for the vaccine itself.

The CFDA's decision is unprecedented in developed countries, where safety takes precedence over trade secrecy. It also goes against the policies of the 'Healthy China' Initiative, set out by China's chairman Xi Jinping, according to one Chinese researcher.

The CFDA has also received a request from pathologist Dr Sin Hang Lee to rethink its decision to approve the Cervarix launch planned for early 2017. Dr Lee, who studied in China but now lives in the US, says the

HPV vaccines haven't prevented a single case of cervical cancer, yet it has been associated with tens of thousands of reports of adverse reactions in young girls, ranging from nervous disorders to chronic disability and even death.

<http://sanevax.org/dr-lee-recommends-china-postpone-hpv-vaccinations/>

The Pill raises the risk of depression, especially in teenagers

The contraceptive pill increases the risk of depression, with teenage girls being the most vulnerable: they are 80 per cent more likely to be taking an antidepressant as well.

The greatest risk seems to be with the combined oral contraceptives—those containing a mix of hormones—which are the most commonly prescribed versions of the Pill. Women taking such combinations were 25 per cent more likely to also be taking an antidepressant, but the probability rose to 80 per cent among teenage girls aged 15 to 19.

The risk of depression has been highlighted in a major research study of more than 1 million Danish women aged 15 to 34. On average, these women were 23 per cent more likely to suffer from depression than those not taking the Pill and also to be taking an antidepressant drug for the first time in their life.

The risk rose to 34 per cent in those taking progestin-only pills, which use synthetic progesterone, while it doubled in women using contraceptive patches.

The researchers, from the University of Copenhagen, suspect that progesterone may be to blame for the

depression, as previous studies have shown it to have negative effects on mood, especially during the menstrual cycle, by interfering with the nervous system.

JAMA Psychiatry, 2016; 73: 1154–62

NSAID painkillers boost risk of heart failure

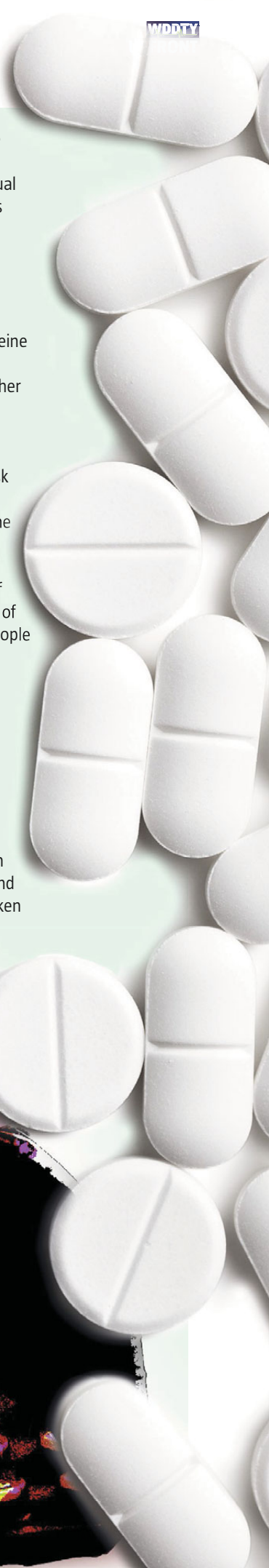
Following on from the alert that codeine can be fatal in the under-18s, other research has now discovered that other painkillers—namely, NSAIDs (non-steroidal anti-inflammatory drugs), which include ibuprofen, naproxen and diclofenac—can increase the risk of heart failure.

These common painkillers raise the risk by around 19 per cent, although the dangers are greatest among the elderly, says a Europe-based team of researchers who assessed the safety of the drugs in more than 37 million people who were 18 years of age or older.

The risk varied with the NSAID and the dose, say the researchers, who analyzed healthcare databases in the Netherlands, Italy, Germany and the UK.

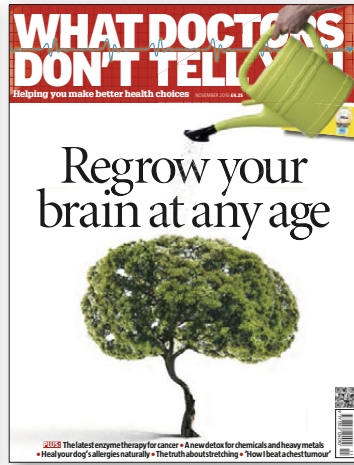
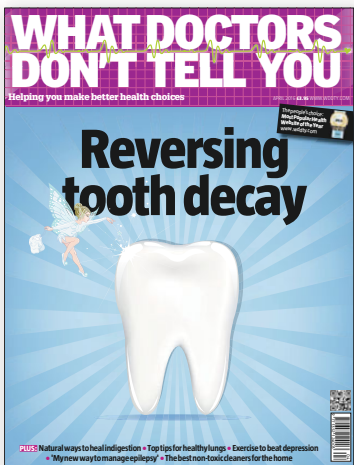
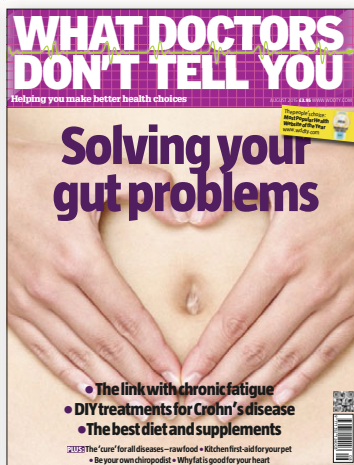
Using any NSAID for 14 days will increase the risk of heart failure by 19 per cent, but the risk doubled for diclofenac, indomethacin, piroxicam and two COX-2 NSAIDs (etoricoxib and rofecoxib), especially if they were taken in high doses.

BMJ, 2016; 354: i4857



Fantastic money-saving offer

3 issues of WDDTY for just **£1**



Take advantage of our brilliant money-saving offer TODAY – three issues of WDDTY for just £1 – a saving of £11.75. Plus save money throughout the year!

Look at the benefits:

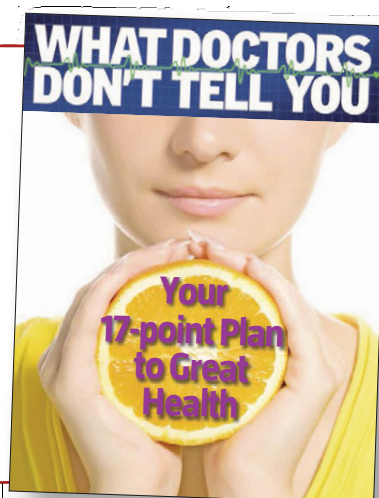
- Get the next 3 issues for just £1 (a saving of £11.75)
- Pay just £3.50 for every future issue
 - Free delivery to your home
 - Never miss an issue
- A free WDDTY health e-book when you subscribe

If you've enjoyed this month's edition of What Doctors Don't Tell You (WDDTY), why not claim the next three issues for just £1? Every month we will send you the very latest issue, packed with insightful and interesting health information that could make all the difference to your health and those around you.

PLUS!

Your 17-point Health Plan

The 17 most essential things you should be doing for the best possible health and preventing chronic disease



It's so easy to take up this great offer

BY TELEPHONE: Phone our subscriptions order line on **01371 851 883** (lines open 9am – 5pm, Monday – Friday)

BY POST: Complete the Direct Debit form and post it back to our Freepost address. No stamp needed

WDDTY SUBSCRIPTION OFFER

Please start my subscription to WDDTY with 3 issues for £1 *(UK only). I understand that I can cancel my subscription before the third issue and pay no more money. If I don't cancel, I understand my subscription will automatically continue at £42 per year I have a UK bank account and the magazine will be delivered to a UK address.

First name

Last name

Address

Post code

Home telephone no.

Mobile no.

Email address

Return this form to: WDDTY FREEPOST RTGY-ABRL-TURR
Trinity House, Sculptors Lane, Wethersfield, Braintree ESSEX CM7 4AY
(NOTE: No stamp needed)

WJAN17

DIRECT DEBIT

I understand I will pay £42 for an annual subscription.



Account name:

Bank:

Sort code | | | | | |

Bank account number | | | | | | | |

Ref (for internal use)

Signature(s)

Date

Instructions to your Bank or Building Society

Please pay FCC re: WDDTY Direct Debits from the account detailed in this Instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this Instruction may remain with FCC re: WDDTY and if so, details will be passed electronically to my Bank/ Building Society.

NOTE: Banks and Building Societies may not accept Direct Debit Instructions for some types of accounts.

The Direct Debit Guarantee

This Guarantee is offered by all banks and building societies that accept instructions to pay Direct Debits. If there are any changes to the amount, date or frequency of your Direct Debit FCC re: WDDTY will notify you 10 working days in advance of your account being debited or as otherwise agreed. If you request FCC re: WDDTY to collect a payment, confirmation of the amount and date will be given to you at the time of the request. If an error is made in the payment of your Direct Debit, by FCC re: WDDTY or your bank or building society, you are entitled to a full and immediate refund of the amount paid from your bank or building society. If you receive a refund you are not entitled to, you must pay it back when FCC re: WDDTY asks you to. You can cancel a Direct Debit at any time by simply contacting your bank or building society. Written confirmation may be required. Please also notify us.

THE TIMES

"a voice in the silence"

The Observer

"rings alarm bells well before they become the stuff of national panic"

the guardian

"information that is scientific yet easy for people to digest"

Chemo's early victims

Around 8 per cent of cancer patients are dying within 15 days of starting treatment, a startling new study has discovered

With the smart money switching to immunotherapy as the new drug hope for treating cancer, the truth about the lethal effects of chemotherapy is suddenly surfacing. Three times as many patients are dying from chemo drugs within the first 30 days of starting treatment than was previously believed, and some hospitals in the UK are reporting that up to half of all patients are dying in the first month, with many within the first two weeks.

The mortality rate is higher among older patients and varies from region to region across the UK, but the figures are nonetheless shocking. Overall, 3 per cent of patients are dying within the first month—which suggests it's the chemotherapy and not the cancer that's killing them—whereas earlier research had concluded that the 30-day mortality rate was just 0.8 per cent. The rate is highest for lung-cancer patients, with 8 per cent dying in the first 30 days, while the average for breast cancer is 2 per cent.

But some hospitals are reporting that half of all their treated cancer patients are dying inside of the first 30 days, say leading oncologists, including representatives of Public Health England and others associated with the charity Cancer Research UK.¹

Most of the deaths are happening between just 11 to 15 days of starting treatment, and the most common cause of death is neutropenic sepsis, or infections that arise after a sudden drop in the numbers of white blood cells, which

are essential for the healthy functioning of the immune system. If the side-effects of chemotherapy are also added to the overall picture, then using those drugs for palliative reasons—to ease symptoms rather than attempt a cure—are probably doing more harm than good, the researchers say.

They tracked the progress of more than 23,000 breast-cancer patients and more than 9,600 people with lung cancer, who were aged 24 years or older (average age: 54), all of whom had started chemotherapy in a UK hospital in 2014. The 30-day mortality rate was highest among the older patients and in those given chemotherapy to reverse the cancer, suggesting they were given stronger doses.

The rate of deaths was also much higher in patients who had never received chemotherapy before, suggesting a fatal reaction to the treatment (whether curative or palliative). This suggests that oncologists need to pay special attention

Chemo was the cause of 7.5 per cent of deaths in the first month—specifically, neutropenic sepsis, or infection that followed a precipitous drop in white blood cells

to first-time patients, as they are more susceptible and should be monitored carefully, especially during the first 30 days of starting chemo.

Results also varied from one hospital to another. One in Milton Keynes reported that around half of its cancer patients were dying within 30 days of starting chemotherapy, although this was based on a small number of patients, while the Lancashire Teaching Hospitals revealed a mortality rate of 28 per cent with low-dose palliative chemotherapy. Not far behind were the Cambridge University Hospitals, which had a 30-day mortality rate of 20 per cent.

Not recorded

The truth about the lethal effects of chemotherapy is often hidden, the researchers say. The cause of death in nearly all the cases they had monitored was recorded as cancer, and not the chemotherapy, making assessment of the toxic effects of the drugs difficult.

It would also explain why some researchers have suggested far lower 30-day mortality rates.

Researchers at the Royal Marsden Hospital, a major cancer centre in London, didn't have to rely on death certificates, but instead had direct access to patient records—yet they came up with similar 30-day mortality rates. Chemotherapy was the cause of 7.5 per cent of deaths in the first month, and the cause of death in these cases was also the same—neutropenic sepsis, or infection that followed a precipitous drop in white blood cells.²

This team of researchers had looked at the records of nearly 2,000 cancer patients given chemotherapy between April and September in 2005. Within the first 30 days of starting treatment, 161 patients died, and the researchers think that more than three-fourths of those deaths were the result of cancer progression. But while they're not sure about the cause of death in the remaining 25 patients who died, they are confident that 12 of the 161 deaths were the direct result of the chemo. Most of the deaths happened within the first two weeks of starting treatment.

But what happens to the cancer patient who survives the first 30 days? Researchers from the Princess Royal Hospital in Hull, UK, analyzed 14

Making money with chemo

Here are the top 10 best-selling chemotherapy drugs of 2015 and their revenues from worldwide sales



1 Rituxan, MabThera (rituximab)
Roche
Non-Hodgkin's, blood
\$7.10bn

2 Avastin (bevacizumab)
Roche
Ovarian, colorectal, lung, cervical
\$6.74bn

3 Herceptin (trastuzumab)
Roche
HER2+ breast
\$6.59bn

4 Revlimid (lenalidomide)
Celgene Corp
Multiple myeloma
\$5.80bn

6 Alimta (pemetrexed)
Eli Lilly
Lung, general
\$2.49bn

5 Gleevec (imatinib mesylate)
Novartis
Leukaemia, stomach
\$4.65bn

8 Gardasil
Merck
HPV vaccine, cervical
\$1.90bn

7 Zytiga (abiraterone)
Johnson & Johnson
Prostate
\$2.23bn

9 Tasigna (nilotinib)
Novartis
Leukaemia
\$1.63bn

10 Sandostatin (octreotide)
Novartis
Stomach, pancreatic
\$1.63bn

Chemo's time line

1907 The term 'chemotherapy' is coined by German scientist Paul Ehrlich to describe any therapy that uses chemicals to treat disease. Only later did it come to refer specifically to cancer

1917 Mustard gas (sulphur mustard) is used by the German army at the Battle of Ypres

1919 Scientists discover that mustard gas suppresses haematopoiesis (the process of making new white blood cells)

1925 Mustard gas is banned by the Geneva Protocol as a chemical agent in warfare

1940 Yale University researchers are commissioned to explore potential antidotes to the toxicity of mustard gas. As part of this task, they discover its usefulness as a potential treatment for Hodgkin's lymphoma and leukaemia

1942 A more stable form of mustard gas, nitrogen mustard, is used for the first time on a cancer patient with non-Hodgkin's lymphoma

1943 An air raid on the port of Bari in Italy strikes a ship that was secretly transporting mustard gas. Autopsy reports of the victims reveal suppression of their bone marrow and white blood cell production, leading scientists to speculate that, as mustard gas stops cells with quick turnover times, it might also slow the progress of cancer cells, which share those qualities

1946 The first clinical trial of mustine, an injectable agent based on nitrogen mustard, is published

1948 Children with acute lymphoblastic leukaemia are injected with the chemotherapy agent aminopterin, later replaced with amethopterin (or methotrexate today), which block the folate enzymes that feed cancer cells

1951 Methotrexate is tested on breast cancer, the first solid-tumour cancer to be treated by chemotherapy

1955 The US Congress creates the Cancer Chemotherapy National Service Center to research chemotherapy agents to treat cancer

1965 Researchers hypothesize that chemotherapy drugs could be used in combinations

1969 The MOPP protocol—mustine, Oncovin (vincristine), procarbazine, prednisone—is developed to treat Hodgkin's and non-Hodgkin's lymphoma

1971 US President Richard Nixon declares a 'war on cancer', with chemotherapy agents as the vanguard

1971 to today—drug companies begin researching and developing their own chemotherapy agents, eventually producing the most profitable drugs in the world

2003 Andrew von Eschenbach, then director of the US National Cancer Institute, announces that its goal is to eliminate cancer by 2015

2004 Australian researchers discover that only 2.3 per cent of cancer sufferers, and 2.1 per cent in the US, are still alive after five years of chemotherapy

2012 A secret meeting of the world's leading cancer experts concludes that, despite the development of hundreds of chemotherapy agents, cancer cures are 'rare'

Immunotherapy: the great new hope

Immunotherapy is medicine's great new hope for treating cancer. Described as a 'game changer', it harnesses the body's immune system to target only cancer cells—unlike chemotherapy, which damages the immune system by suppressing production of its white blood cells.

Immunotherapy drugs are being fast-tracked for approval, and the share prices of the biotech companies developing them are skyrocketing, as early trials discovered that immunotherapy is helping cancer patients live longer, sometimes doubling the time achieved by chemotherapy.

But, right now, it's more hype than genuine hope. A study of 361 people with head and neck cancers revealed that 36 per cent of those given immunotherapy were still alive a year later—so 64 per cent of them weren't—compared with 17 per cent of those in the chemotherapy group.¹

Early deaths are commonly seen with immunotherapy. Juno Therapeutics revealed that five of their 20 leukaemia patients died while on the therapy, prompting the US drugs regulator, the Food and Drug Administration (FDA), to put a temporary halt on the research.

Cancer patients with autoimmune conditions like rheumatoid arthritis, psoriasis and polymyalgia have also been warned not to undergo immunotherapy, as it could trigger fatal allergic reactions.

REFERENCES

1 N Engl J Med, 2016; 375: 1856–67

previously published studies and five abstracts that had monitored the progress of more than 6,212 pancreatic cancer patients over the first three months of treatment.

In that time, 1,447 patients—23.3 per cent—died, and yet cancer progression was reported as the cause of death in only 21 cases. In fact, a cause of death was cited in just 40 cases, so the assumption must have been that the cancer was responsible for the vast majority of deaths.³

Early-death burden

But while pancreatic cancer was most likely responsible for most of these deaths, it cannot fully explain the "phenomenon of 3-month early death burden", say the researchers. When they examined the autopsy reports, they discovered that many of the deaths had the hallmarks of the chemotherapy agent itself, including infections and kidney failure, with a surprising number that were the result of vascular thromboembolism (myocardial infarction and blood clots in the lungs).

Although the latter are usually seen after a heart attack or stroke, other researchers have discovered that blood clots are also a common reaction to chemotherapy. In a review of 198 cancer patients given different chemotherapy agents or combinations of agents,

researchers from the Memorial Sloan Kettering Cancer Center in New York found that the rates of VTEs (vascular thromboembolic events) varied from 15 per cent to 26 per cent in patients receiving platinum-based chemotherapy drugs. Their average risk of a blood clot after chemotherapy was 20 per cent, the researchers found, a figure considerably higher than expected.⁴

But what happens beyond the three-month mark? In fact, the standard measure of chemotherapy safety—such as it is—doesn't usually extend beyond the first three months, presumably because the lines between the effects of cancer progression and the treatment become blurred.

Yet, what is clear is that chemotherapy is far more lethal than even its sternest critics may have imagined. The gallows-humour joke that the treatment was a success, but the patient died, is beginning to sound less like a quip and more like a prognosis.

Bryan Hubbard

REFERENCES

1 Lancet Oncol, 2016; 17: 1203–16
2 Br J Cancer, 2006; 95: 1632–6
3 Acta Oncol, 2008; 47: 337–46
4 Cancer, 2016; 122: 712–21

H₂O Scams Exposed

- ❖ **Get the lowdown on bogus water scams...** oxygenated, structured, energized, micro-clustered and alkalized
- ❖ **Truth revealed** about distilled, mineral, spring, filtered, bottled, reverse osmosis, well and ordinary "purified" H₂O
- ❖ Discover the amazing Waterwise system that **guarantees you consistent water purity**
- ❖ Learn about the wise alternative to buying bottled and **save 70% or more**
- ❖ Drink the purest... **you should consume about 2,920 glasses** (182 gallons) every year—be waterwise!

FREE Report & Catalog
1-352-787-5008 Ext 643
www.water-wisdom.com/wdduk
Fax: **1-352-787-8123**

\$1500
value



Waterwise purifiers are recommended by:

Dr. Russell Blaylock, Dr. Patricia Bragg, Dr. Ted Broer, Dr. Michael Colgan,
Dr. David Klein, Dr. Monte Kline, Dr. Bill Misner, Dr. Keith Nemeck, Dr. Scott
Senne, Dr. Varah Siedlecki, Dr. David Williams and many more...



WATERWISE®

3608 Parkway Blvd #643
Leesburg Florida 34748-9399
www.waterwise.com

DEALERS WELCOME

Mail to: Waterwise Inc • PO Box 494000 • Leesburg FL 34749

YES! Please rush my **FREE** (No Cost/No Obligation)
Waterwisdom Report about H₂O scams and how to have the
very purest drinking water...

Name _____

Address _____

City _____ Cty _____ PC _____

WDDUK

WATER

A NATURAL REMEDY FOR HEARTBURN

Nowadays most people are overstrained, they constantly rush, face more and more pressure from various aspects of their life, experience stress. Because of these reasons and many more, the majority of people complain of gastrointestinal disorders. One of the most frequent problems - painful heartburn. People resort to symptomatic treatment hoping to get rid of the burning sensation in their chests. Still, the results tend to be short-lived as the problem itself remains unresolved.

ACIDIFICATION OF THE BODY

These days, various food supplements and medications for the regulation of gastric acid secretion are very popular. However, one has to bear in mind that increased acidity in the stomach is inextricably linked to the acidification of the body itself.

During the production of gastric acid another important agent - sodium bicarbonate - is released into the bloodstream. This bicarbonate acts as an alkaline buffer, increasing the blood's ability to neutralise excess acid in the body. The more gastric acid is produced, the more bicarbonates are released into the blood, increasing the blood's ability to neutralise acids. Acidification of the body is thus brought to a halt.

WHAT CAUSES HEARTBURN?

Scientists and doctors have already stated the fact that stomach is highly acidic due to the production of hydrochloric acid which plays a big part in breaking down food. The gateway between the duodenum and the stomach is called the sphincter. It functions so that partially digested food goes to the duodenum, but prevents bile from passing from the latter to the stomach. However, in cases of inflammation, the sphincter doesn't perform its function as it should, and the bile - a strong alkali - finds its way into the stomach. The stomach, defending itself against the alkaline environment, tries to isolate the bile and backs hydrochloric acid up into the gullet. The upward moving acid causes the burning sensation in the chest that is known as heartburn. So despite its name, heartburn has nothing to do with the heart. It is an irritation of the gullet that is caused by stomach acid. This can create a burning discomfort in the stomach or below the breast bone.

SOLUTION OF THE PROBLEM

Neither food supplements, nor baking soda dissolved in water will increase the amount of bicarbonates (alkaline buffers) in the blood. But ionised alkaline water (with a pH ranging from 8.5 to 9.5) can do this! Drinking it daily ensures the maintenance of an

alkaline buffer level and the elimination of acidic waste. The first thing to do in the case of heartburn is to neutralise the alkaline environment in the stomach. Ionized alkaline water may be a good solution because it counteracts the rising pH level in the stomach and activates the production of hydrochloric acid. This way the work of the stomach is brought back to normal and the cause of heartburn is eliminated. Health experts recommend to consume 30 ml of water on 1kg of body weight a day. Note the fact that the quality of water you drink plays the important role in your common health. So simply add ionised alkaline water to your daily routine and get rid of excruciating heartburn, which constantly plagues.



Sophia

My daily nutrition is full of acidifying products like meat, beans, coffee, etc. Less stomach acid is needed to digest such food. The excess undigested food turns into acid waste, which causes stomach spasms. That is why I regularly drink ionized alkaline water, which ensures a good digestive system.



David

For more than 3 years I drink ionised alkaline water daily and feel a lot of positive changes. One of them - heartburn for me is no longer a problem. I forgot about all acid reflux symptoms.



Helen

Drinking ionised alkaline water helped me to get rid of heartburn, which plagued for years. I stopped taking medications. The basic advantage of ionised alkaline water, compared to medications, is the absence of side effects. I wish I've learned about ionised alkaline water at least 5 years ago.



VOUCHER

Buy water ioniser ADROP.

Save £40 with promo code!

Promo Code: **HEARTBURN**

Valid: January 2017

E-shop www.a-drop.co.uk

Call us: 07497 093830, 07884 155563

“ *The first thing to do in the case of heartburn is to neutralise the alkaline environment in the stomach. So simply add ionised alkaline water to your daily routine and get rid of excruciating heartburn, which constantly plagues.* ”



Rob Verkerk THE POLITICS OF HEALTH

Medical terrorism

Advocates of alternative treatments are getting attacked, says Rob Verkerk

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

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

In the last six weeks, I've met with leaders of ketogenic dietary approaches for cancer in Melbourne and London who were targets of personal and professional attacks, I've met families in California who plan to leave the state because they don't want their kids vaccinated, yet still want to send them to school, and I've met doctors in Australia and the US under threat of having their licences revoked because they exempted children at high risk of adverse vaccine reactions.

Yes, cancer treatments and vaccination are still the two most controversial areas between mainstream and so-called alternative medicine—which is strange, as mainstream medicine has not had unparalleled success in treating cancer or protecting people from the diseases targeted by vaccination. And while the available data are neither convincing nor reliable, with remarkably few pharma-independent attempts to pool these data and publish findings in peer-reviewed journals, the status quo is maintained.

One study by oncologists in Sydney found that, after analyzing all the available studies from 1998 to 2004 in Australia and the US, adjuvant chemotherapy used with other treatments (mostly radiotherapy and surgery) increased 5-year cancer survival by just 2.3 per cent and 2.1 per cent, respectively.¹

The truth is, the status quo is based mostly on money. Cancer and vaccines represent businesses big enough to be important to governments and economies. Global spending on cancer treatments is nudging \$200 billion. The global vaccine market is smaller at \$60 billion, but don't forget how quickly jabs are delivered. In terms of returns on investment, they're a giant cash cow.

UK-based Australian filmmaker Tom Meadmore is keen to bring the

dilemma faced by cancer patients to the big screen with a feature film he's making—*Cancer Conflict* (cancerconflictmovie.com). But like all films that upset the apple cart, Tom is having to raise money the hard way, although I'm hopeful that online crowdfunding will deliver what he needs to finish the film.

Still, it's just not right in my view that people like Tom, who have important messages to deliver, are pushed so far out on a limb.

The same goes for filmmakers and vaccines. Remember the shenanigans surrounding Andrew Wakefield's film *Vaxxed: From Cover-up to Catastrophe* last May? Robert De Niro was leaned on heavily to ban the film from the Tribeca Film Festival, but remained

The challenges of managing our health naturally are similar across the planet

true to his own convictions. Having a child with autism means he knows that something is very wrong with the mainstream and government views on the issue.

'The System' seems to be working worldwide to maintain a status quo in its financial interests. Those who dare to offer alternative views, especially if they can reach the masses, are shut down, attacked personally and/or discredited professionally.

Others have either had their licences revoked or are defending them in kangaroo courts—enough to scare the vast majority of up-and-coming doctors into sticking closely to the rules of their ultra-conservative practice boards.

Aside from such individual challenges, it's evident that the challenges of managing our health by natural means are becoming more and more similar across the planet, despite our diverse cultures and political systems. Australia raised

the ante by allowing vigilantes (or shrills?) to issue death threats to at least two internationally recognized anti-vax experts who, not surprisingly, cancelled speaking tours—such is the effect of terrorism.

Age-old traditional systems of medicine are equally under threat. Traditional Chinese medicine and Ayurveda have managed to persist on the margins of healthcare because, after being subjected to Western-style scientific scrutiny, they didn't come out too badly through the limited lens of 'evidence-based medicine'. In fact, these 4,000-plus-year-old systems of medicine turned out to have more evidence than adjuvant-based chemotherapy—which still somehow keeps its key position in oncology.

But the less-researched traditional systems face a much rockier future with no effective protests from their defenders, including our colleagues at the Traditional & Natural Health Alliance (TNHA) in South Africa, where a new Act—the Indigenous Knowledge Systems Bill—is about to undergo parliamentary scrutiny.

In essence, the proposed bill won't protect indigenous interests, but is instead state-sanctioned ethnopiracy, transferring the intellectual property rights of thousands of plants used for thousands of years for health purposes by southern Africa's indigenous peoples to biotech and pharmaceutical companies. It's been dubbed 'medical apartheid' for good reason.

Globalization has happened, the war on cancer has been lost, vaccines are of limited effectiveness, and government-industry cover-ups of their side-effects have been exposed and are beyond reprieve.

Now it's just us—the people—who can help us return to the original status quo, where human populations and the natural environments they evolved in and depend on are in balance. Let's not sell the next generation short.

REFERENCES

- 1 Clin Oncol (R Coll Radiol), 2004; 16: 549-60

Vegemates (and their frenemies)

Each year, UK households throw away £2.6 billions' worth of fruit and vegetables that have become overripe or started to rot—and that's £140 of waste for every household.

A lot of this waste is down to poor storage. We often keep our fruit and vegetables in the wrong places, and we also need to keep certain foods apart. Some fruit and vegetables produce ethylene gases as they ripen, and these can shorten the shelf-life of other produce if kept in the same bowl or vegetable drawer in the fridge.

Apples, pears, apricots, bananas and kiwi fruit all produce these gases as they start to ripen, and they're what causes their texture, hardness and colours to change. But as they're all doing this together, they're considered 'vegemates' (even though they're fruit), according to food scientists for the UK supermarket chain Sainsbury's.

But you shouldn't store vegemates with vegetables, as they will kick-start premature ripening—and that makes them 'frenemies' (even though they're vegetables... but you get the idea). Vegetables that are sensitive to ethylene—like asparagus, broccoli, carrots, lettuce and green beans—should be stored well away from those ethylene-producing fruits.

Yet, some fruit are frenemies too. Apples and watermelons should never be stored together in the same place, while bananas don't get along with anything else and should be stored separately.

And your sweet potatoes and potatoes should be stored in a cool, dark place to prevent early sprouting.

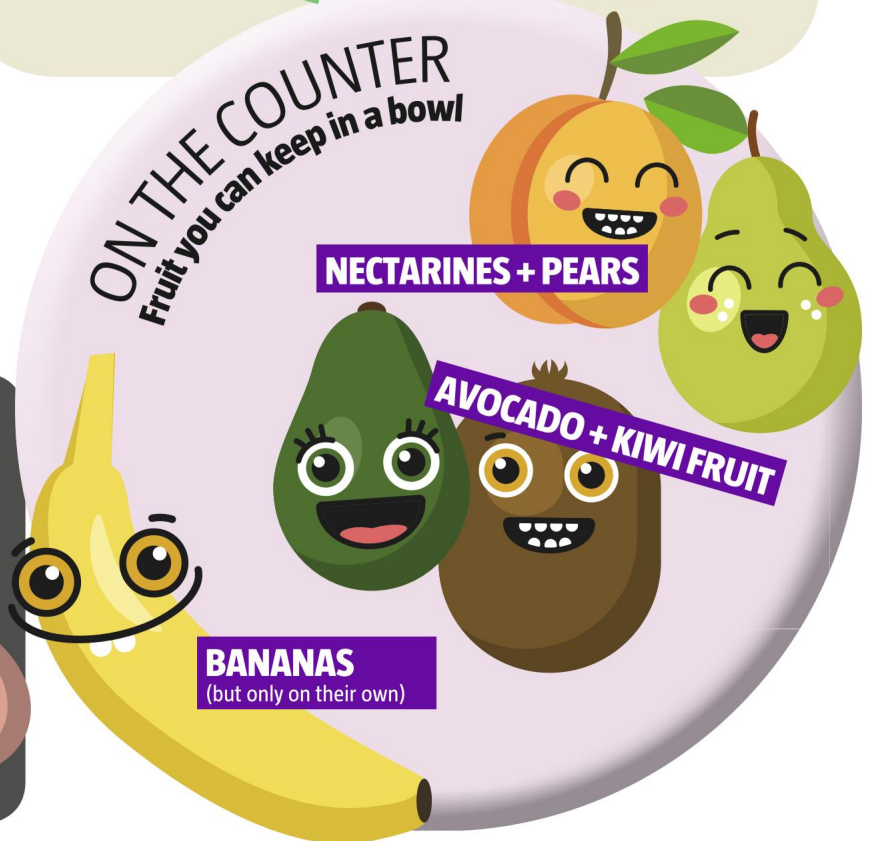
IN THE FRIDGE

Fruit & veg you can store together



ON THE COUNTER

Fruit you can keep in a bowl



COOL AND DARK

Vegetables you should store in a dark place (not the fridge)

GARLIC + ONIONS

POTATOES + SWEET POTATOES

VEGEMATES

These combinations can be stored together

Fruits/vegetables: see storage notes on opposite page

BERRIES + GRAPES:
refrigerate immediately to prevent decay



ONIONS + GARLIC:
both like cool and dark places



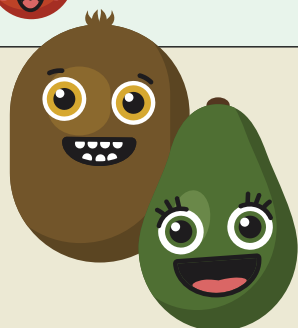
CUCUMBER + PEPPERS:
keep in the fridge and away from fruit



APPLES + CHERRIES
(not affected by ethylene from apples):
store in fridge



KIWI + AVOCADO:
leave on counter until ripe, then refrigerate to preserve



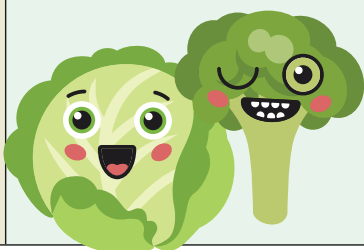
TOMATOES + PLUMS:
store in fridge, but bring to room temperature before eating



NECTARINES + PEARS:
store at room temperature; don't refrigerate too early



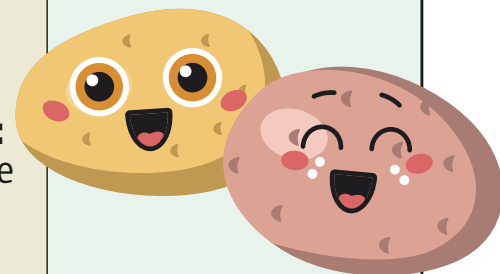
CAULIFLOWER + BROCCOLI:
store in fridge away from ethylene-producing produce



SWEETCORN + PEAS:
store in fridge; will lose sweetness after two weeks



POTATOES + SWEET POTATOES:
keep in cool, dark, dry place away from fruit



CARROTS + BEETROOT:
store in fridge



FRENEMIES

APPLES VS WATERMELON:
store in fridge, but ethylene from apples makes watermelons mushy



ONIONS VS POTATOES:
the aroma from onions will taint the taste of potatoes



BANANAS VS EVERYTHING:
store bananas away from everything else and in their own bowl



Bugs in the system

New research has revealed how the microbes in our gut influence our central nervous system, and healing these microorganisms may, in turn, be the answer to everything from spinal cord injury and stroke damage to mental illness. Celeste McGovern investigates

Imagine you've been in a car accident and your spinal cord is severed. You are paralyzed from the neck down with major nerve damage. The neurologist assessing you begins with a treatment of probiotics, vitamins and nutrients to feed certain bacteria and stimulate your immune system. Over the course of the coming weeks, your stool is continually tested, and your urine and blood sampled, to gauge markers of the types of bacteria thriving in your gut. You receive a transplant of bacteria into your colon from a healthy 'faecal donor', and your diet and probiotics are monitored to see how your immune system and microbes are responding, hopefully encouraging them to kick-start your damaged nervous system into self-repair mode.

Sound like quackery? It's more like a distant, but not impossible, dream of a rapidly growing field of science studying how the bacteria inhabiting our gut are intimately connected to our brain and central nervous system (CNS).

Take, for example, a recent study by scientists at the Center for Brain and Spinal Cord Repair at Ohio State University. They demonstrated for the first time that an injury to the spinal cord profoundly alters the kinds of microbes living in the intestines. What's more, mice fed antibiotics prior to a spinal cord injury have intestines that are overrun with antibiotic-resistant superbugs, and suffer even worse nerve damage and impaired healing. More astonishingly, mice with spinal cord injuries fed probiotics—living 'friendly bacteria'—suffered less nerve damage and enjoyed greater motor recovery than the injured mice that didn't get probiotics.¹

Two-way brain chatter

Your gut is around 6–10 metres long from entry to exit, and every square centimetre of it is densely colonized by hundreds of species of bacteria, viruses, fungi and archaea—around 100 trillion of them. While you sleep, these organisms are busy replicating, competing for food, digesting your food, disintegrating your toxins and churning out a host of byproducts—vitamins, antioxidants and anti-inflammatory agents—that 'talk' through your immune system and CNS which, in turn, influences the rest of you—your brain, your hormones, your heart and more.

The microbiome—the microscopic cosmos of thousands of species of bacteria, viruses and other microbes that reside in our gut, mouth, skin, nose, among others—is one of the most explosive and revolutionary fields of research.

Scientists have discovered that these bugs, once viewed as agents of disease to be attacked with sterilizers and antibiotics, in fact perform endless vital functions for us. They digest our food, produce our vitamins, compete with pathogens to defend us, churn out metabolites that regulate our immune system and, as the latest research is showing, even command our CNS and brain.

For decades, alternative practitioners have been pointing to yeast

“Gut microbiota 'talk' to the CNS directly by interacting with immune cells and nerve fibres, and indirectly by secreting metabolites that bypass the blood-brain barrier”

overgrowths—*Candida* infections and bacterial imbalances—and the 'leaky gut' that results from the damage these overgrowths do to the intestinal lining as a major underlying culprit in a wide array of chronic disorders, including mental illness.

And now, thanks to new technology, the emergence of microbiome science is validating their theories. What began a decade or so ago as research confirming a role for microbes in gastrointestinal disease has rapidly expanded to include research into the impact of bugs on the immune system, metabolism and neurological diseases.

The ability of bugs to control behaviour was recently shown experimentally with the jaw-dropping example of a parasite (*Toxoplasma gondii*) that 'hijacked' the brains of rats, manipulating those animals' sexual and defensive behaviours to favour its own reproduction.² Indeed, it turns out that our bugs can manipulate our mood and mental health too.

While researchers have long described a 'gut-brain axis', there is now growing evidence for a gut-microbiota-immune system-brain pathway that bears constant four-way traffic.

Gut microbiota 'talk' to the CNS directly by interacting with immune cells and nerve fibres, and indirectly by secreting metabolites that bypass the blood-brain barrier, say the Ohio State University researchers in their report.¹ As 70 to 80 per cent of immune system cells are in the gut—specifically, in gut-associated lymph tissue (GALT)—alongside the microbes, there is an ongoing back-and-forth chatter between the two.

Other, similar studies are just beginning to fill in the details of how this chatter works and to determine

the roles that microbes play, beyond what was previously suspected in neurological diseases and even in traumatic injuries. An entirely new field of ‘immunopsychiatry’, focused on this gut–immune system–brain trafficking is now emerging.⁵¹

When gut bugs get altered

Many environmental agents have been shown to disrupt the microbiome. Antibiotics designed to kill microbes are the most obvious, but other drugs, such as antacids, can change the gut pH and selectively cull certain species. Heavy metals like mercury and aluminium have also been implicated in microflora disruption,⁵² as has stress. The foods we eat and the chemicals they contain are also all now suspects—and potential therapies.

The Ohio study specifically demonstrated how spinal cord injury causes populations of bacteria in the gut to change. This ‘dysbiosis’ triggers damage to the gut lining, so allowing ‘bacterial translocation’, the migration of bacteria from within the intestines to areas outside of the gut. The researchers confirmed that the bacteria in their mice had translocated following spinal cord injury from the gut to the blood and liver, kidneys, spleen and lymph node tissues.

In contrast, intestinal bacteria were never found in tissues outside of the gut in uninjured mice.

In addition, mice fed antibiotics before the injury suffered ongoing dysbiosis and even worse symptoms and poor recovery. But injured mice given VSL#3—a medical-grade probiotic powder containing eight species of lactobacilli and bifidobacteria—saw a “protective immune response” that damped down the inflammation triggered and “improved locomotor recovery.”⁵³

This mouse research followed an earlier 2016 study in humans, which also found that spinal cord injury (SCI) disrupted the ecology of gut microbes. “Our results demonstrate for the first time that butyrate-producing [bacteria] are specifically reduced in SCI patients when compared to healthy subjects.”⁵⁴

This study was another example of the wave of new research implicating changes in the microbiome in brain and neurological disorders. Microbiota profiling, as it has come to be known,

Tending your gut garden

Gastroenterologist Robynne Chutkan advises looking for the following features when choosing a probiotic supplement:

- at least 50 million colony forming units (CFUs), with a predominance of *Lactobacillus* and *Bifidobacterium* species and a seal on the bottle certifying that it contains the labelled amounts of bacteria
- at least seven different compatible strains of bacteria
- enteric coating to ensure it’s not destroyed by stomach acid
- good safety record
- good shelf life
- need for refrigeration, which usually means better quality

“Inducing strokes in mice altered their gut microbiota, activating an immune response that made the stroke lesions worse”

has shown a distinct disruption of species balance in disorders ranging from chronic stress and mood changes to autism and obsessive–compulsive disorder (OCD). What follows are a few other examples of the research linking the gut to the brain.

Stroke injury

A 2016 study found that inducing strokes in mice altered their gut microbiota, activating an immune response that fired signals back to the brain and made the stroke lesions worse.

But when the researchers, from the Ludwig Maximilian University of Munich in Germany, transplanted faecal bacteria from healthy mice into germ-free ones that had suffered strokes, these mice improved more than the controls that had not received bacterial transplants.⁵⁵

“These findings highlight the key role of microbiota as a potential therapeutic target to protect brain function after injury,” the researchers concluded.⁵⁵

Multiple sclerosis

Another recent study analyzed the faecal microbiomes of patients with the crippling neurological disease multiple sclerosis (MS) and compared them with the microbiomes of healthy controls, and concluded that MS patients have an underlying gut dysbiosis.

“We observed an increased abundance of *Pseudomonas*, *Mycoplasma*, *Haemophilus*, *Blautia*, and *Dorea* genera in MS patients, whereas control group showed increased abundance of *Parabacteroides*, *Adlercreutzia* and *Prevotella* genera.”⁵⁶

Autism

Numerous studies have examined the gut microbiota of children with autism spectrum disorders, and found that the main bacterial phyla (Firmicutes, Bacteroidetes, Fusobacteria and Verrucomicrobia) were significantly altered, with a tendency to be overpopulated with clostridia, *Ruminococcus* and *Akkermansia muciniphila* bacteria compared with healthy controls.⁵⁷

These findings are a partial vindication of the work of Dr Andrew Wakefield, who investigated the gastrointestinal symptoms of autistic children and found live viruses from the measles vaccine in the guts of such children.

Promotional Feature

New Science Means People Struggling with Brain Fog, Low Energy, and an Inability to Lose Weight Get a Second Chance to Re-Programme their Bad Genetics

Are you looking for a solution that really works?

People are literally losing their lives because they are living in a state of chronic toxicity, which leads to clogged brain function, feelings of having “no energy” and a battle with fat that you can NEVER win!

In 1974, the World Health Organization stated that environmental toxins create approximately 84% of all chronic diseases. Over the past 40 years this number has increased dramatically. A Centers for Disease Control report, screening for **148** industrial chemicals found significant quantities of these chemicals in the bloodstreams of every individual tested.

The EPA estimates indicate that average Americans may be carrying approximately **700 industrial chemicals** in their bodies. It is unlikely to be any better in the UK.

The average 45 year old has been on 61 diets. Yes 61! If weight was the real problem then just focusing on the weight would get the results you're after, right? WRONG!

When it comes to 'Brain Fog' and energy most people resort to using some kind of stimulant, or even worse drugs, that may only

have a temporary effect, and can lead to further problems down the line by adding MORE toxins to an already toxic body and make you worse.

The real answer lies in fixing your cells. Chris Pickard B.Sc has brought the life changing detox protocols of 2 of the World's leading experts on Functional Health to the UK. That of Dr Dan Pompa, and Dr Bob Rakowski.



Learn about the 5 R's of True Cellular Revitalisation, and Take Advantage of Our Free 7 Week 'Magnificent 7 Health Strategies'

Coaching Course to Learn: Why most Detoxification programmes Don't work and are Even Dangerous for You.

The 'Two Word Instruction' that could save your health and the NHS in just 6 months if everyone did it.

How Toxins Effect Your Hormones and Make You Retain Weight Like a Magnet.

How to know your Personal Toxicity Levels, and if they are causing your symptoms by taking just 2 tests you've never heard of. Including one you can do right now, for just £8.

What True Cellular Detox is and how it can Transform Your Health.

Learn To Get Your Life Back and Feel Great

www.cellulardetox.co.uk

"Give me just 2 weeks and I promise you will lose weight, clear brain fog, and have the energy of a 16 year old"

While the above sensational claim is very appealing, it is almost certainly going to be untrue. For most people, the realistic time to achieve all 3 is 6-9 months. True Cellular Detox TM, especially in the brain, takes time, patience and dedication to your goals. This is why we don't work with everyone, we have to **Interview you to see if they are help-able**

You can schedule a free interview by calling:

01707 662 704
and quoting
"WDDTY Detox".



Foundation for Emotional Therapeutic Counselling

Supporting positive change towards emotional wellbeing

Emotional Therapeutic Counselling is for those who are suffering from emotional turmoil in their lives, whether brought about by a crisis, a long term situation, persistent unhappiness, depression, apathy, or difficulties relating to others.

Foundation Course

The Foundation Level is for those who wish to understand the role of emotions in our lives, it also provides the first level of training for the Diploma in Emotional Therapeutic Counselling, The Foundation level carries the NCS quality mark.



The Course is offered twice a year at the Isbourne Holistic Centre, Cheltenham

Weekend course dates for Spring 2017 are as follows

18/19 Mar, 22/23 Apr, 20/21 May, 24/25 Jun, 22/23 Jul

Course Fees: £700 (£630 if paid on enrolment). A Payment plan is available.

A further course will commence Oct 2017.

Emotional Wellbeing Course

This two day, experiential course is for anyone who would like to better understand their emotional needs, develop self-confidence and improve the quality of their relationships. In a safe and supportive environment we look at such things as fear, anger, conflict, relationships, stress - how these affect our lives and what we can do.

Cost for the two days is £120 and course dates are put on in response to demand

For further information and to book your place on either course

Email: training@emotionaltherapeuticcounselling.org.uk

Tel: 0330 111 4278

Our Diploma level training is accredited by the National Counselling Society



www.emotionaltherapeuticcounselling.org.uk

Advertisement

Please quote WDDTY in any enquiry

Nevertheless, there have been virtually no investigations of whether viruses and other vaccine ingredients can change the gut microbiome. The question remains: do medicines designed to impact the immune system—the middleman in the chatter between gut and brain—have unintended effects on the microbiome?

Anorexia nervosa

One surprising discovery about the microbiome is that it's related to obesity. This was first discovered when a faecal sample from an overweight teenager was transplanted into her mother to treat a gastrointestinal infection (a now routine procedure for antibiotic-resistant *Clostridium difficile* infection). This resulted in the mother putting on weight as well. Further investigations have since shown that resident gut microbes do indeed regulate metabolism and play a role in weight gain: transplanting microbes can transplant obesity.

Microbes have now been found to be disrupted in malnutrition as well, and this has raised interest in their role in the most common eating disorder, anorexia, which has traditionally been treated as a psychological disorder. It turns out that anorexics have an overrepresentation in their guts of the predominant gut archaeon *Methanobrevibacter smithii*, which has a key role in the digestion of carbohydrates and in energy efficiency.^[2] What's not known is which came first: the dysbiosis or the anorexia.

Depression and anxiety

Anyone who has ever felt nauseous or lost their appetite because of grief, fear or shock knows that stress has an impact on the gut. It has been more than a decade since animal studies began making the correlation between stress and changes in gut microbes. The connection between stress, depression and anxiety is well established, and dozens of studies are now looking at how these conditions affect bugs in the gut. The big questions—such as which comes first, the microbe shift or the depression—have yet to be answered. Because it's a two-way street, though, it looks as if correcting the gut microbiome could be a new way to treat depression.^[3]

The best food for microbes

Prebiotics are foods that feed your friendly microbes, so make sure to include the following in your daily diet.

Foods high in 'resistant starches', like green bananas and lentils, are fermented by gut bacteria to produce short-chain fatty acids (SCFAs), a primary energy source for cells in the colon that also have anti-inflammatory and anticancer properties

Non-digestible fibres, like those found in beans, bran and flaxseed

Inulin, found in onion, garlic, leek, asparagus and artichoke

Seeds, quinoa and buckwheat, instead of gluten-containing grains

Homemade fermented vegetables, like sauerkraut, kimchi, and fermented drinks like kefir and kombucha, are traditional foods that introduce far more species and numbers of gut bacteria than packaged probiotics.



Obsessive-compulsive disorder (OCD)

Scientists had previously hypothesized that OCD could be the result of antibiotic therapy (including just-in-case doses) causing a "dysfunction of the gut microbiome constituency", with "stressful life events" being behind this rather poorly understood disorder rather than streptococcal infections. "As the role of microflora to modify key players in the CNS becomes clearer, it is not unreasonable to think that probiotics can play a role in transforming OCD to a more tolerable state," said author J.C. Rees from the US Centers for Disease Control and Prevention (CDC).^[4]

Migraines

The mouths and intestines of migraine sufferers, it turns out, are populated with greater numbers of bacterial strains that make them more sensitive to certain foods.

Scientists have found that patients with migraines have higher levels of bacteria that process nitrates and nitrites, leading to studies of foods like wine and processed meats, which are high

in nitrites and nitrates, as 'triggers' for migraine headaches.

Researchers at the University of California San Diego speculate that it may be that the bacteria in the mouth and intestines break down and process these nitrates and nitrites more efficiently than do other bacteria, causing blood vessels in the brain to dilate, so triggering migraines.^[5] Probiotics in the form of a mouth rinse may be a future treatment based on such research.

Parkinson's disease

A 2015 Finnish study studied the faecal microbes of 72 Parkinson's disease (PD) patients and 72 healthy controls, and found that the relative abundance of bacteria of the Enterobacteriaceae family in PD patients was positively associated with the severity of their postural and gait difficulties. The researchers concluded that an intestinal microbiome dysbiosis underlies PD and merits further study.^[6]

Double-edged sword

All this new research means a lot of revising of out-of-date medical



naturalhealth

Everything for your wellbeing online

BANISH THE COLD!

This is a product for men and women who wish to feel warm in winter and is perfect for people suffering from cold hands and feet. This Japanese Haramaki, made from 97% cotton and 3% polyurethane, can be worn next to the skin or as an outer layer to keep you warm and comfortable during the cold and can be worn all year round if your extremities feel permanently chilly.

NOW WITH £10 OFF WINTER DISCOUNT!

Original/one size fits all/mum range - NOW £15.99

Mens/womens/childrens - NOW £19.99



www.naturalhealthwelwyn.co.uk

welwyn@naturaltherapycentre.co.uk

01438 718252

textbooks. As the unforeseen roles of bacteria and viruses emerge, doctors need to become more aware of and more cautious about the impact of drugs on the microbial residents of their patients' guts—and the wide-ranging list of long-term side-effects that can result.

Not only are microbes far more important than previously understood and antibiotics far more dangerous, but even the idea of 'good' vs 'bad' bugs needs to be thrown out as scientists unravel the complex ecology in the microscopic terrain of the human body. Some bacteria can perform a vital role in controlling overeating and obesity, say, yet in abundance can bring about a loss of appetite and anorexia.

As a component of the immune system, the microbiome also raises questions about how steroid drugs that suppress the immune system can do more harm than good. The 2004 Corticosteroid Randomization After Significant Head Injury (CRASH) trial showed that corticosteroids increased the risk of disability and death for brain-injury patients.¹⁴

In one study, Dartmouth Medical School immunologist Lloyd Kasper and his colleagues created a mouse model of MS, then gave the mice broad-spectrum antibiotics orally. The subsequent reduction in gut bacteria protected the animals against developing the disorder.¹⁵ In a follow-up study, the team discovered that certain gut microbes might offer even greater protection against neural damage and may have possible applications in MS in humans.¹⁶

“Gut microbes are far more important than previously understood”

“You have this balance going on in the gut,” Kasper told *The Scientist* (1 November 2016). “As long as everything is in balance, it's homeostatic and everybody's happy. But something happens in the disease process that that balance is lost.

“If we can drive the immune system from the gut upward and do it in a positive way,” he added, “I think that will give rise to greater benefit and far less side-effects than [current drugs].”

The main gut culprits

As with any ecosystem, microbiome health is not so much about 'good' vs 'bad' species as it is about diversity in balance. Here are some microbiome disruptors that have so far been identified.

C-section delivery

If you were delivered by caesarean section rather than vaginally, you may lack many of the microbes you should have acquired on your journey through the birth canal and have, instead, been colonized in infancy by a greater ratio of hospital bugs, such as *Staphylococcus* species, associated with later onset of asthma, obesity and Crohn's disease.¹⁷

Antibiotics

The average child in the UK receives 10 prescriptions for antibiotics by the time they're 16 and, in the US, the average child gets 17 antibiotic prescriptions by the time they're 18 years old. Antibiotics are like napalm on the microbiome village.

A single treatment of clindamycin, for example, can decimate microorganism diversity. It can then take two months for species to begin to recover and up to two years to fully return to pretreatment levels.¹⁸

Other studies of a single treatment of ciprofloxacin and clindamycin found they both significantly led to long-term microbiome alterations,

diminishing the bug byproduct butyrate, which fights inflammation and cancer, reinforces epithelial defences and regulates gut motility, while inducing lasting changes “the full consequences of which remain unknown”.¹⁹

Drugs

Over-the-counter antacids and proton pump inhibitors (PPIs), prescribed for reflux and indigestion, weaken the stomach acids that normally protect against pathogens like *C. difficile* and yeasts like *Candida*.²⁰

Corticosteroids, anti-inflammatories like prednisone and chemotherapy agents, used to suppress the immune system, are linked to microbiota shifts and disorders.²¹

Vaccines can disrupt the body's microflora in profound and unpredictable ways; scientists call it 'vaccine-induced pathogen strain replacement'. This is well documented with several types of vaccines, including those against meningococcus, rotavirus and pneumococcus, leaving us vulnerable to overgrowths of pathogens that were once rare and are now possibly more dangerous than the ones we were vaccinated against.²²

Stress

A major international report found that stress can change the secretion of mucus and other defence factors that regulate the microbiota in

the stomach and gut that, in turn, affects the number and diversity of bugs in the digestive tract.²³

Diet

A landmark study by Italian researchers demonstrated the effects of diet by comparing the gut microbes of children in Florence, Italy, with those in rural Burkina Faso.

Both groups had similar microbes in infancy and all had been breastfed. But when they switched to the local diet—the Italian toddlers began eating a high-fat/high-sugar Western diet while the African kids ate a plant-based diet of beans and vegetables—major changes took place in their microbiomes.

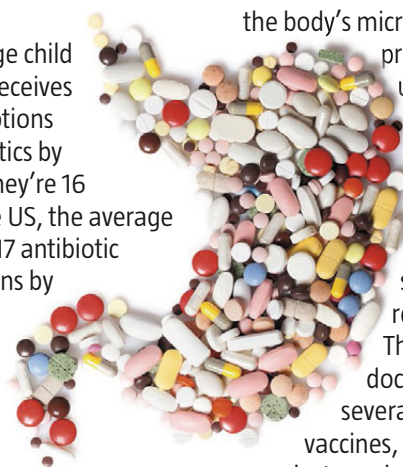
The Italian children had fewer species and more bugs associated with obesity, diarrhoea and allergy, while the African kids had a much more diverse collection of bugs, with greater numbers of those associated with fighting inflammation.²⁴

Alcohol

Heavy alcohol intake has long been associated with shifts in bug populations in the small bowel. And now a recent study has shown that even moderate amounts—just one glass of wine a day for women and two for men—can alter the microbiome too.²⁵

Artificial sweeteners

Low- to no-calorie artificial sweeteners have been associated with microbiome changes that can lead to glucose intolerance, a precursor of diabetes.²⁶



How to keep your microbes healthy

The gut-immune system-brain field is still in its infancy. Yet, the emerging consensus is that a healthy gut microbiome—characterized by a wide diversity of species in balance—can protect against disease. “All disease begins in the gut,” Hippocrates is reported to have said.

There is a growing body of research documenting the ability of probiotics, prebiotics (food for bacteria) and certain foods to normalize an out-of-balance microbiome and perhaps also treat disease.

Even those in psychiatry who usually treat patients with psychotropic drugs are beginning to view probiotics in the same way, referring to them as ‘psychobiotics’.²⁴

The explosion of microbiome research includes numerous studies of the potential of probiotics to treat neurological disorders. But the research is still in its early days, so the choice of probiotic species, and their optimal doses

and timings, for each neurological problem and patients have yet to be determined.²⁴

It also appears that microbial health is yet another factor, and conscripting bugs for drugs is not as simple as it sounds—though it may be far less dangerous than using chemicals.

Most studies of the impact of friendly bacteria on diseases of the brain and CNS have looked at only a handful of species of *Lactobacillus* and *Bifidobacterium*.

Some researchers have used medical-grade commercially available probiotics like VSL#3, which contains multiple (freeze-dried) species of probiotics, with billions of cells per dose, shown to improve gastrointestinal disorders like irritable bowel syndrome (IBS). These products generally require refrigeration to maintain their effectiveness.

As with IBS, though, it may be that manipulating the environment of microbes and controlling the foods they eat—by changing

the foods you eat—is a more effective way of creating a diverse microbiome (see box, page 33).

In a 2016 review entitled ‘Bread and Other Edible Agents of Mental Disease’, two researchers from the University of Padua in Italy stated that “psychologists and psychiatrists typically fail to appreciate the impact that food can have on their patients’ condition”.

This has prompted them to look at evidence in the scientific literature that the proteins (gluten) in barley, rye and especially wheat make the gut more permeable, encouraging the migration of food molecules to unexpected sites and the release of opioid-like compounds in the brain, so “causing mental derangement”.

As the pair conclude, a “grain-free diet, although difficult to maintain, could improve the mental health of many and be a complete cure for others”.²⁴

Make your own coconut-water kefir

In their book *The Body Ecology Diet* (Body Ecology, 1994), authors Donna Gates and Linda Schatz offer recipes for fermented foods, including a coconut-water kefir concoction that is tart and fizzy, like a tangy spritzer, not sweet.

- 1 Gently warm the water drained from three young coconuts (or store-bought coconut water, not milk) to about 32° C (90° F).
- 2 Pour the warmed water into a sterilized jar and add a starter culture, such as Body Ecology Kefir Starter, which contains *Lactobacillus* and yeasts.
- 3 Let the coconut water sit, covered, in a stable warm environment for 36 hours. It’s ready when the water changes to a milky-white colour with slight bubbling or foam on top, a sign that most of the sugar has been fermented by the bacteria and yeasts.



REFERENCES	
1	J Exp Med, 2016; DOI:10.1084/jem.20151345
2	PloS One, 2011; 6: e23277
3	BMC Med, 2016; 14: 173
4	Morphologie, 2016; 100: 75–84; Mucosal Immunol, 2014; 7: 589–601
5	PloS One, 2016; 11: e0145878
6	J Neurosci, 2016; 36: 7428–40
7	Sci Rep, 2016; 6: 28484
8	Gut Microbes, 2015; 6: 207–13; PloS One, 2013; 8: e76993
9	PloS One, 2009; 4: e7125
10	Neurogastroenterol Motil, 2013; 25: 713–9
11	Med Hypotheses, 2014; 82: 163–6
12	mSystems, 2016; 1: pii: e00105–16
13	Mov Disord, 2015; 30: 350–8
14	Crit Care, 2005; 9: E21
15	J Immunol, 2009; 183: 6041–50
16	J Immunol, 2010; 185: 4101–8
17	MC Pregnancy Childbirth, 2016; 16: 338
18	Microbiology, 2010; 156: 3216–23
19	Proc Natl Acad Sci USA, 2011; 108 suppl 1: 4554–61
20	Dis Esophagus, 2016; 29: 479–83
21	Inflamm Bowel Dis, 2015; 21: 963–72
22	JR Soc Interface, 2008; 5: 3–13
23	Gut, 2013; 62: 159–76
24	Proc Natl Acad Sci USA, 2010; 107: 14691–6
25	Dig Dis Sci, 2013; 59: 638–44
26	Nature, 2014; 514: 181–6
27	Biol Psychiatry, 2013; 74: 708–9
28	J Transl Med, 2016; 14: 298
29	Front Hum Neurosci, 2016; 10: 130



**Join WDDTY editors
Lynne McTaggart and Bryan Hubbard
in Tuscany, Italy May 5-12, 2017**

How Your Thoughts Can Transform Your Life



Uncover your greatest healing gift—the power of your thoughts and intentions. Join WDDTY editors Lynne McTaggart and Bryan Hubbard for a week-long workshop in glorious Tuscany next year for the experience of a lifetime.

By the end of the week, you will be tapping into this extraordinary gift and you will begin to transform and help others—and, in the process, start healing yourself.

Lynne is the best-selling author of seminal books including *The Field* and *The Intention Experiment*, and Bryan is author of *The Untrue Story of You*, already being hailed as a spiritual classic.



**PLACES ARE
EXTREMELY
LIMITED!**
Reserve your
place today

Find out more at:

<http://globalj.org/Lynne>

Despite the many advantages of standing upright, one big drawback of bipedal living is an inherent weakness in the lower back and neck. In fact, just holding ourselves up against gravity inevitably translates into tension into the upper back, shoulders, neck and jaw.

When you get locked into work or stress postures (even as a form of protection against cold weather, for instance), your natural range of motion through the shoulders and neck can become compromised. Lack of flexibility in the neck region is associated with pain,¹ so the more you can simply move, the less tension has a chance to build up.

The stress effect

Stress is expressed in body tissues as tightness and a sense of holding, although you feel the physical, emotional and psychological effects more keenly through the state of your breath, the clearest signal of your mind-body state at any given time. Any change in your breathing also changes how you hold your shoulders.

Diaphragmatic breathing uses the body's primary breathing muscles, the large upside-down-bowl-shaped diaphragm muscles at the bottom of your ribs. When you fill and empty the lungs with ease, the chest expands as the diaphragm moves downwards on inhalation, and rises back up as the chest relaxes on exhalation. This is energy-efficient, oxygenating breathing, and the shoulders never need to become involved.

Thoracic (chest) breathing is when you're stressed or the diaphragm can't move fully, so breathing takes place in the upper chest and shoulders—called secondary breathing. During the fight-or-flight stress response, this allows the rapid shallow breaths you need for a full physical survival reaction, but this can also cause agitation and habitual tightness when there's no subsequent physical response, as your body was designed to do.

Many people get stuck in this stress pattern, using up precious energy and creating 'sensory motor amnesia', where feelings of tension in the neck and shoulders are no longer apparent as the holding pattern becomes permanent—the new 'normal'.

Getting to the top

Hunching over a computer, holiday preparations, even cold weather can leave your neck and shoulders tight and tense. Charlotte Watts offers tips to free your head—and the all the rest of your upper regions

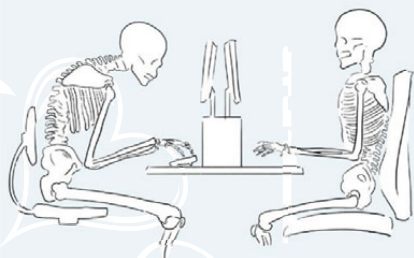


Staying vigilant for times when your breath is tight, fast and shallow can help you identify when you need to consciously drop your breathing down into the belly and lower the shoulders—not just by pushing them down, but by engaging the calming parasympathetic nervous that allows muscle to relax.

Walking in nature helps this happen naturally: you breathe more deeply in the countryside and so relax your face, shoulders and mind whereas, in the face of pollution, you protect yourself with more shallow breathing and upper-body tension. Plus the natural motion of walking creates elasticity in body tissues and allows you to organize the body up from the ground with the most ease.

Modern postural issues

It's not unusual for the majority of daily life to now be spent hunched over a keyboard. But if this is not with a conscious, supported upright posture, it



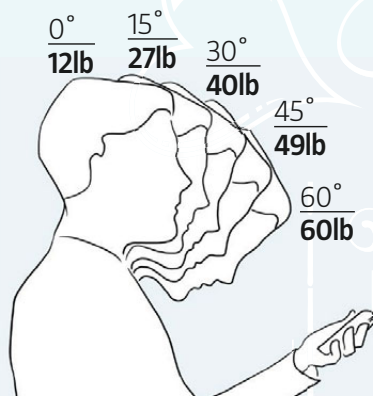
Working at a desk can lead to a hunched back (above left) if you don't have a supported upright posture (above right)

can quickly descend into a hunched back, contributing to a collapsed standing posture where you lift yourself from 'up the back and down the front', instead of from the more open, grounding and supportive 'up the front and down the back' posture.

If your posture is hunched, to look forward, you'll need to tilt the chin up and away from the throat. This creates compression at the base of the skull, another source of neck and shoulder pain. Moving the eyes, not the head, to look down and/or forward can help you avoid this.

Text neck

This is the term used to describe the neck pain and damage from the head-down posture used to look at a smartphone, or other device, too often and too long. In a study of Finnish teenagers



Looking down at a device means the neck has to hold the head's weight against gravity at an angle, creating compression and tension

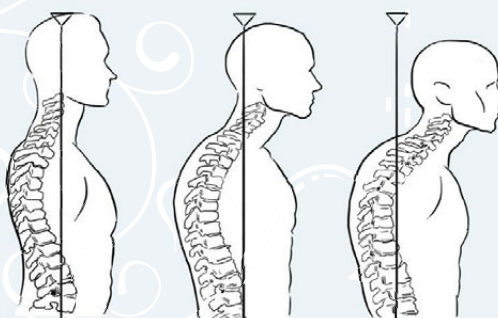
aged 11–18 years for over a decade—from 1991 to 2011—the percentage of lower-back problems due to sedentary desk habits stayed stable, while neck pain consistently increased, concurrent with the rise of phone use in the population.²

The average adult head weighs around 10 lb, and our skeleton has evolved to perch this above our feet in a cleverly calibrated design to allow standing upright. Our S-shaped spine allows a vertically positioned neck designed to balance this weight without strain, with ears roughly positioned above the shoulders.

But habitually looking down at a device places the head forwards of the shoulders, which means the neck has to hold the head's weight against gravity at an angle. The force created by doing this can be the equivalent of pressing as much as 60 lb down onto the spine.

This can, in turn, lead to the posture often referred to as 'chicken head'. With 79 per cent of the US population aged between 18 and 44 carrying smartphones almost all the time, and spending only two hours of their waking day without their devices to hand, according to a 2013 study,³ this cultural shift merits particular attention if you're to prevent serious postural effects.

Notice how this neck position needs the chin lifted to look forward, creating tension where the neck inserts into the



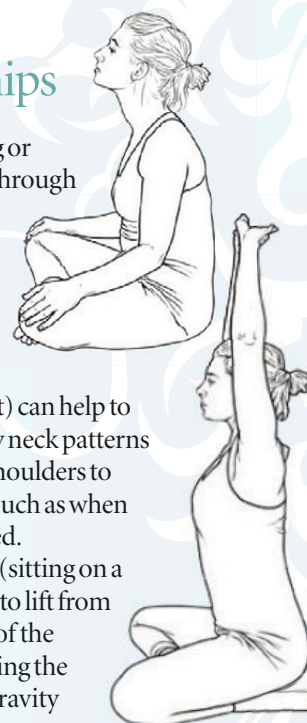
Habitually looking down at your smartphone can cause 'chicken head', whereby the chin needs to be lifted to look forward

skull. Losing the natural inward curve of the neck creates compression and is a causative factor for arthritis as well as pain. One simple solution is to raise your phone to your natural eye level rather than looking down at it.

Lifting up from the hips

Whether standing or sitting, lifting up through the front of the spine and from the back of the skull (while lightly drawing the chin in towards the throat) can help to unravel unhealthy neck patterns and so allow the shoulders to release naturally, such as when sitting cross-legged.

Lifting the hips (sitting on a block) allows you to lift from the natural curve of the lower spine, stacking the spine up against gravity and opening the front body enough to easily lift the arms. This way, the head is supported by the front neck muscles (the paired sternocleidomastoids), which are postural and designed for long-term support, instead of the back neck muscles (the scalenes), which are only for movement, and create upper back and neck tension if used to carry the heavy weight of the head.



Freeing the jaw

Clenching the jaw is part of the body's self-protective response to increase blood flow to the brain, our most important organ of survival. The frowning and pursing of the lips that can accompany serious thoughts and concentration when you're in survival mode can get stuck, so telling the whole body to stay in constant alert mode. Face and jaw release at the beginning of any exercise or yoga session can signal to all muscles that it's safe to let go. We often hold our habitual expressions—a set jaw, a frown, even a forced smile—as our 'face' to the world as a coping strategy, so noticing this stress manifestation can

LOOKING FOR A PRACTICAL, HANDS-ON ACUPUNCTURE COURSE?

Share our passion for Chinese Medicine.

- High quality training in small groups
- Theory, practical & business skills
- Use of multi-bed clinic for free on graduation

Tui Na &
Acupuncture
Licentiate
courses



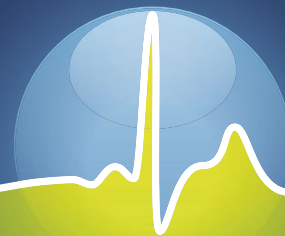
The City College
of **Acupuncture**

E: cca@citycollege.ac.uk

020 7253 1133

www.citycollegeofacupuncture.com

Bring the **most effective** pain relief technology to **your practice** today!



RITM
SCENAR

Latest SCENAR devices available

Genuine RITM
SCENAR Technology

Approved Professional SCENAR
Training: Levels 1, 2 & 3



[t] 01730 233 414

[e] info@scenarworld.com

www.scenarworld.com

help you to both notice these habits and drop them.

Gurning—or facial distortion—gives tense muscles a much-needed inner massage, makes you feel carefree and may even create the whole-body release (including the diaphragm) of laughter. So get as ugly as you can and squeeze those areas that resist release; just like massage, giving muscles a chance to do what they were designed to do (to contract) helps to remind them to go full circle and relax.

Stretching the top lip over the top teeth releases an area where tension at the base of the skull is commonly expressed.

Sighing out loud with an ‘ahhh’ sound opens up the space formed by the back teeth, hard and soft palate, and throat.

Face, neck and shoulder self-massage

Gently massaging the muscles and joints of the face can create a softening effect down into the neck and shoulders, especially if you then move them naturally afterwards. This can be done at any time as a stress-reliever or before a workout.

“ Gently massaging the muscles and joints of the face can create a softening effect down into the neck and shoulders ”

Gently circle the temples with the second (middle) finger, massaging into the joints of the upper and lower jaw (temporomandibular joint, TMJ), where lots of tension may be held.

Using the fingertips or palms of the hands, stroke across the forehead to wipe away any tension, worries and concerns. While doing this, you can even say something like “I release all tension and relax into this moment” or “I let go of all my worries just for this breath”.

Continue with a pinching motion across the eyebrows out to the temples, around the backs of the ears, down the side/back lines of the neck and onto the upper middle back—the trapezius (or ‘swimmer’s’) muscle—then out across the shoulders, exploring any areas that respond well.



Head and shoulder rolls are a quick and easy way to instantly release tension

Simple seated or standing exercises

Releasing the shoulders causes ripples of de-stress throughout the whole body.

Inhale while lifting the shoulders up towards the ears, then let them drop fully on exhalation, using the full range of the shoulder girdle to remind you where ‘lifted’ and ‘not-lifted’ are.

Inhale and bring the shoulders forward and up (see above), then exhale back and down, making full

circles with the breath and creating lots of space between the shoulders.

Keeping the spine lifted throughout, bring your chin down to one shoulder, inhale, and then exhale while making a semi-circle with the chin down past the breastbone and up to the other shoulder. Inhale and



repeat from one side to the other, allowing a full release on exhalation to open the back of the neck and skull. Make sure the shoulders don’t creep up to the ears, especially as we tend to hold lots of tension in the upper back (trapezius).

Taking a break from sitting

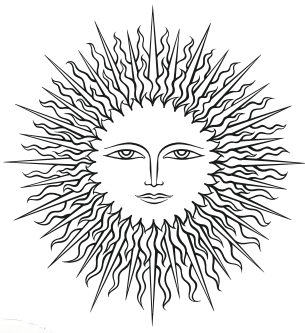
After sitting for long periods of time, it’s good to stand up and release the shoulders while opening the chest to counter any tendency to collapse in and hold tension.

Interlinking your fingers behind your back, draw your arms down and away from the body, squeezing the area between the shoulder blades and opening the chest. This causes the nerves in the upper back to fire, but this is a safe opening, so breathe softness into the shoulders to do it with ease.

Lift one arm at a time, taking hold of the opposite elbow and drawing it towards the midline while pointing it towards the ceiling. This both lengthens the spine up through the arms and opens the chest. Keep the chin lightly tucked in to open up the space between the base of the skull and upper back.



Pepper long periods of sitting with these simple chest, shoulder and triceps stretches



Discover new inspiration
 Work in healthcare
 Make life better



Graduate: Theresa Johnson

SCHOOL OF HOMEOPATHY

- Homeopathy First Aid Courses**
- Homeopathy Taster Course**
- 1 Year : Foundation Diploma Course**
- 4 Year : Advanced Practitioner Course**
- Homeopathy Post Graduate & CPD Courses**

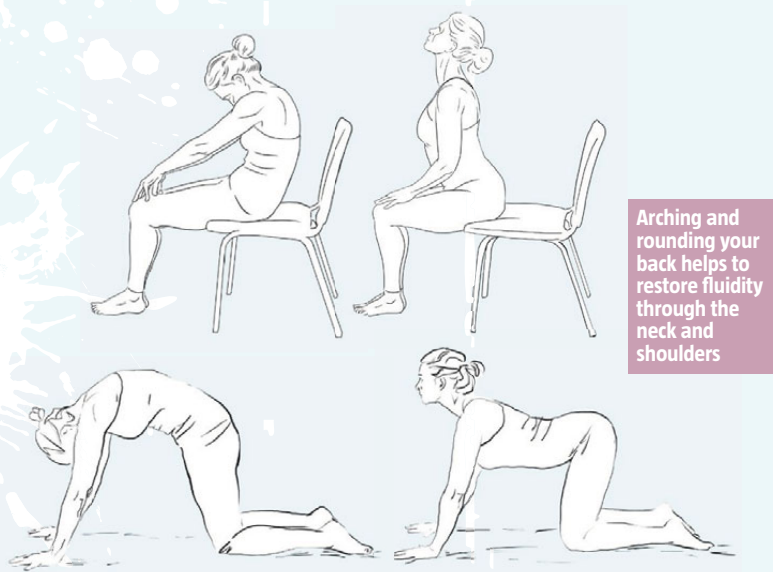
- e-learning (online) or correspondence (paper & post)
- starting when you like, work at a pace that suits you
- courses from beginner to practitioner level
- innovative and world renowned curriculum
- no prior training required
- in-depth continual assessment (no exams)
- recognised & accredited courses
- homeopathy attendance option (1 weekend a month)

ALTERNATIVE TRAINING

- Nutrition Therapist Course**
- Nutrition Advisor Course**
- Anatomy & Physiology Courses**
- Pathology & Disease Courses**
- Yoga Philosophy Course**

01453 765 956 or freephone 0800 0439 349
info@alternative-training.com
www.alternative-training.com
info@homeopathyschool.com
www.homeopathyschool.com





Arching and rounding your back helps to restore fluidity through the neck and shoulders

Spine undulations

Exaggerating the natural movement of the spine as you breathe creates a wave-like motion through the spine that helps to regain fluidity through the shoulders and neck. These integrated movements help you to reconnect with your whole physical self and to live with more body awareness.

Arching the back and opening the chest as the lungs fill to inhale, and rounding it as they empty on exhaling, can be done in any plane and from many positions.

While seated on either a chair or the floor, lift the spine up from the floor through the postural muscles, which has a strengthening effect. On exhaling, fully round the back while drawing the belly in, tucking the

tailbone under and chin into the chest, to open the entire back of the body, while inhaling opens up the front of the body as the lungs fill and the back arches.

Be mindful to not lift the chin, but rather to keep the back and sides of the neck long to avoid compression at the base of the skull.

Cat-Cow Pose, the well-known spine-undulating yoga position, suspends all movement between the shoulder and hip joints, allowing free movement of the whole spine. Again, avoid jutting the chin up and, instead, open up across the collarbones. It's also very liberating to simply move about on all fours in any way that just feels good across the shoulders.

Rotation through the shoulder girdle

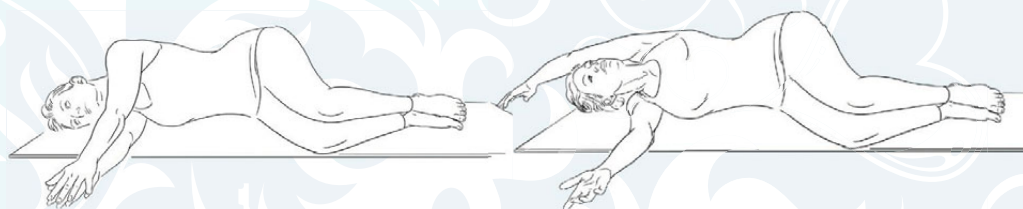
From the same starting position as the shoulder exercise above right—with or without a head support, whichever allows the most freeing movement through the neck—simply let the breath flow in an easy and unconstricted way.

Move the top arm in a quarter-circle (fingers

along the ground) until it reaches the ear—or wherever your most comfortable range of motion allows.

Spend some time just moving between these two positions and notice how your head turns comfortably as the shoulder rotates.

If you can move further without force, you can open up the continual movement by reaching further out and back, even perhaps with the arms opening out from the chest, as long as your gaze can track the position of the arm so that your neck is moving freely.



Releasing the shoulders out from the chest

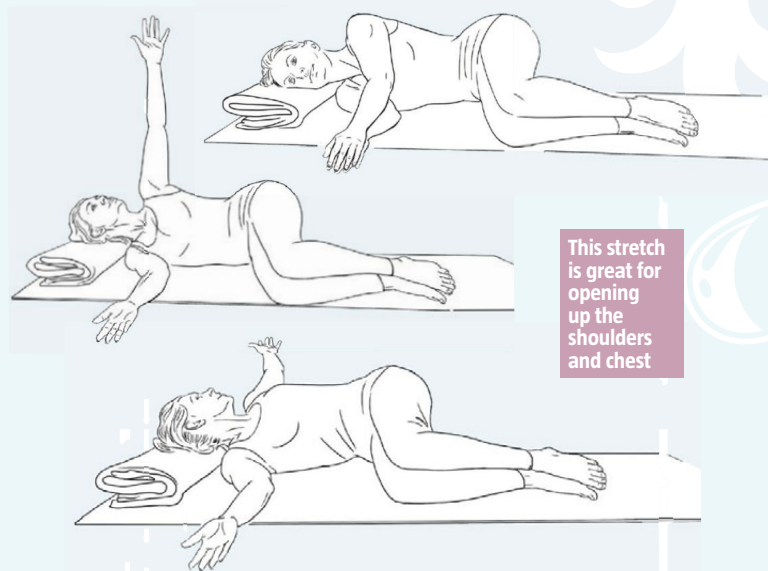
Opening the shoulders while lying on the floor removes the tension of lifting up from the ground. Lying on one side with thighs perpendicular to the torso, let the legs drop to the floor so that all movement is through the shoulders and not the hips. Support the head (with a rolled towel or block) so that both sides of the neck feel even.

Settling into the shoulders, reach the top arm forward **Inhale while raising the arm** directly above the top shoulder, lifting up through the shoulder and keeping the gaze on the fingers

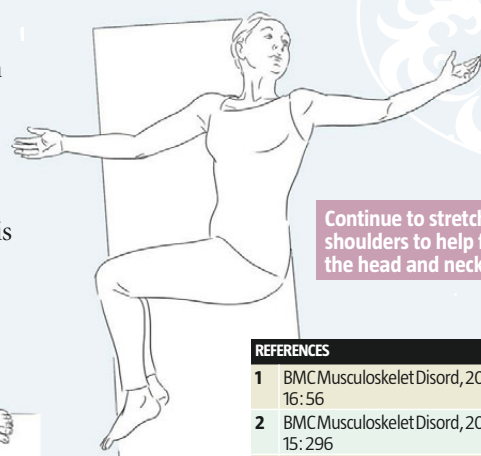
Exhale while reaching the arm back parallel to the floor, focusing continually on the fingers so the shoulders and neck can move in tandem, as designed

Inhale while moving back to the first position, and exhale back to the beginning

Continue the movement, letting the breath guide the rhythm and pace for full-body release.



This stretch is great for opening up the shoulders and chest



Continue to stretch the shoulders to help free the head and neck

REFERENCES

- 1 BMC Musculoskelet Disord, 2015; 16: 56
- 2 BMC Musculoskelet Disord, 2014; 15: 296
- 3 www.adweek.com/socialtimes/smartphones/480485

THE ONLY ORGANIC GLUTEN-FREE BAKERY IN THE UK!



We use traditional overnight fermentation, freshly milled flour and **NO** gums or fillers. Huge variety of Breads: **Quinoa, Rice, Linseed, Paleo, Buckwheat, Pea, Soya, Sourdough Style & Toastie White.**

Or why not try our delicious **Tigernut Cookies** available in Ginger, Carob or Chocolate Chip...

Delivery Nationwide...

ABO Paleo Bread



✓ Organic ✓ Gluten-Free ✓ Wheat Free ✓ Dairy Free ✓ Nut Free

Easy Online Ordering - www.artisanbread-abo.com - Orderline 0871 2000588* Calls charged at 12p minute

BECOME A BIORESONANCE PRACTITIONER IN 2017

LOOKING TO PROVE THIS FOR YOURSELF?

Order a blood test using this device at www.blood-test.co.uk

THE BICOM OPTIMA IS A REGISTERED CLASS 2A MEDICAL DEVICE AND HOLDS A CE CERTIFICATION.



Join us in the Lake District for training

Join the growing number of GP's and therapists in the UK that are using the Bicom

The Bicom Optima is used by over 17,000 professionals worldwide. The Bicom has modules for allergies, bacteria, parasites, virus, toxins and many other pathogens. New fields of research are opening up in Energy Medicine modalities and the many case and scientific studies conducted by the manufacturers over the last 50 years is creating much interest.

Benefits of buying from BicomUK:

- **FREE** access to the word searchable online congress papers (last 16 years)
- **FREE** access to online therapy tips, manuals and training manuals
- **FREE** ongoing support
- Monthly webinar and online training
- Largest English Regumed training school in the world
- Bioresonance Institute membership after training
- Medical insurance eligibility documents.



For more information visit

www.bioresonance.com

Bicom UK LLP PO Box 386, Leeds, LS19 9HZ

Call: 07833241401

www.bioresonance.com www.bicomvet.co.uk



Markéta Bola **THE RAW-FOOD CHEF**

A juicy cure

Get January off to a fresh start, says Markéta Bola

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

An energizing green smoothie packed with vitamins and minerals is the perfect antidote to festive overindulgence. This recipe is my go-to green drink—it's nice and sweet thanks to the apple, pineapple and mandarins, yet still has plenty of green goodness from the cucumber, parsley, mint and lime.

I recommend adding a generous handful of parsley too, even if you're not a huge fan of the herb. Apart from having a lovely fresh flavour, parsley is also an excellent source of vitamins K and C, and a good source of vitamin A, folate and iron. Plus it contains a compound called apigenin, which has shown promise as an anticancer agent in preclinical studies and in mice grafted with human tumours.¹

Another star ingredient in this raw recipe is the mandarin oranges, also rich in antioxidant vitamin C. A couple of Japanese studies have suggested that eating mandarin oranges (or drinking their juice) could cut your risk of developing liver cancer as well as other serious diseases, including atherosclerosis (hardening of the arteries) and insulin resistance (linked to diabetes).² These special oranges are also considered traditional symbols of abundance and good fortune during the Chinese New Year.

This smoothie is best consumed immediately, but will keep in the fridge for up to 48 hours if stored in an airtight container.

Clean Green Smoothie

Makes 2 glasses

Ingredients

- 1 cucumber, whole (peeled if not organic)
- Handful parsley, fresh
- Handful mint, fresh
- 3 Mandarin oranges, peeled
- 1-inch pineapple, fresh, peeled
- 1 apple
- ½-inch ginger root, fresh
- ½ lime, peeled
- 1 tsp chia seeds
- 1 cup pure (filtered) water

Directions

- 1 Blend all ingredients together in a high-speed blender until smooth.
- 2 Drink immediately, or refrigerate first if preferred.

REFERENCES

- 1 *Horm Cancer*, 2012; 3: 160–71
- 2 www.sciencedaily.com/releases/2006/09/060911103147.htm



New Year Specials from energy for health™

Special Discounts of up to 30% - *this month only*

- **Launched January 2016: FlexxiCore Challenger**
A Revolutionary approach to staying toned, fit and flexible in the comfort of your home

The FlexxiCore Challenger combines the technology of the specialist Whole Body Vibration (WBV) training equipment used in health clubs and gyms, with a convenient and versatile design that is suitable for use at home, or in professional settings. As well as vibration, the Challenger's platform oscillates see-saw style, simulating our gait as we walk or run. The human body is designed to withstand the force of gravity, and constantly adjusts itself to maintain balance. The Challenger is designed to work with these forces, which trigger automatic responses from the muscles and nervous system in a constantly changing, high-intensity rhythm, boosting circulation, flexibility and poise.

With a virtually unlimited choice of ways in which you can engage different parts of the body, the Challenger is as versatile as it is fun to use. The whole family can benefit, from children who love its adaptability and instant feel-good factor, right through to seniors keen to stay toned and keep muscles supple, and to keep bone loss at bay. Clinical studies have reported WBV-induced increases in strength, power and performance in young healthy adults*.

Yet the benefits for older individuals and those with less than optimal health may be even more valuable. Clinical studies* show improvements in flexibility and bone density, fat loss, lowered blood pressure, reduced hardening of the arteries and relief from low back pain. **Ask for our FREE information pack, including a report on our Pilot Study Trial Results**

* Clinical Study references are available on request. **60-Day Money Back Guarantee**



30% OFF!



- **Our Long-time Best-Seller:**
the FlexxiCore Passive Exerciser



20% OFF!

Our **FlexxiCore Passive Exerciser** combines the energizing effects of chi exercise machines with the therapeutic back care benefits of Continuous Passive Motion—at a fraction of the cost of the original CPM equipment. The body's natural response to the swinging of the feet by the FlexxiCore is deeper respiration, release of tension and a remarkably calming yet energizing effect that is unmistakable – even when used at its gentle lower speeds.

Research has shown that back pain is very often the result of a chronic inability to relax, both physically and mentally. Research also shows that rocking motion helps to synchronize brain waves and calm the nervous system.

Ask for a FREE information pack, including a report on our Trial Results with over 200 Practitioners, and a BackCare charity article.



- **Laser Light technology in the home: Weber Laser Watch 20% OFF!**

Laser medicine has seen enormous progress in recent years. The latest innovation is a so-called laser watch, worn like a wrist watch for upto 10 minutes, and providing simultaneous and continuous irradiation of the blood and defined acupuncture points with laser light while you relax at home, work or during travel. The laser diodes are aligned so as to directly stimulate acupuncture points that calm the nerves and heart rhythm and contribute to muscle relaxation. The laser light has numerous benefits including increased production of melatonin, which regulates our circadian clock and thus controls the sleep-wake cycle of our body; and of serotonin which is a neurotransmitter that helps to regulate various functions including mood (wellbeing), appetite, concentration, memory and learning. It also enhances cell activity and microcirculation; activates the immune system by stimulating different leukocyte groups; optimizes wound healing by increasing the activity of fibroblasts; and stimulates the mitochondrial respiratory chain and oxygen utilization in the tissues.



For more information and to review your purchases, visit www.EnergyForHealth.co.uk



Energy for Health

Approved Suppliers to the Complementary Medicine Association

Discounts available to 31st January 2017 – Quote WDDTY 1-17

T: 08456 120129 / 01934 425664

A head for herbs

Don't put up with the pain of migraine, says naturopath Harald Gaier. Try these helpful herbs with a long history of use

Q I am 53 and have suffered from frequent debilitating migraine attacks since I was 14. The migraines present as extremely intense throbbing pain. I have tried a long list of treatments, including painkillers, supplements, suppositories, 'Botox' injections, biofeedback, acupuncture, osteopathy, exercise and exclusion diets, but nothing has given me much relief. I have to retreat each time into a pitch-dark silent room because I cannot stand the slightest bit of light, sound or even smells.

Often the migraine is accompanied by vomiting, and the pain is made worse by physical activity. The whole 'migraine package', which lasts about 36 hours, also includes the initial aura, mood swings, eye pain, nasty taste in my mouth, blurred vision and neck pain. Can you suggest anything that might be able to help? L.M., via email

A According to the World Health Organization, migraine is one of the most disabling chronic health conditions you can have. Although you've obviously tried a lot of conventional and alternative treatments with no success, don't give up hope. Traditional herbal medicines have a long history of use for both preventing and treating migraines, and may be the answer to your symptoms. Here are the ones I recommend trying.

Feverfew

This herb (*Tanacetum parthenium*) has been part of the recorded traditional Western medicine ever since Greek physician Pedanius Dioscorides (40–90 CE) featured it in his encyclopaedia of herbal medicine, written nearly 2000 years ago. Today, feverfew is one of the most popular herbs for treating migraine, and there's good scientific evidence to back this up.

“Feverfew is one of the most popular herbs for treating migraine, and there's good scientific evidence to back this up”

“Those taking the herb feverfew saw significant reductions in the number and severity of their migraine attacks, and had less vomiting too”

In one study carried out at the University Hospital in Nottingham, 72 migraine sufferers were randomly given either one capsule per day of dried feverfew leaves or a matching placebo for four months, after which the treatments were switched, so the placebo group got the feverfew and vice versa for a further four months.

In the end, although feverfew had no effect on how long each migraine attack lasted, those taking the herb did enjoy significant reductions in the number and severity of attacks, as well as in the degree of vomiting. These significant improvements also came with no side-effects.¹

In another study, German researchers found that feverfew, taken three times a day as a preventative, was significantly better than a placebo in reducing the average number of migraines a month in a group of 170 sufferers. The feverfew group saw an average reduction of almost two attacks per month compared with the one-attack reduction with the placebo.²

Although other studies have had mixed results, in general, feverfew appears to be safe, with only mild and transient adverse events, mostly gastrointestinal complaints and mouth ulcers.³

Goldenseal

The roots of this herbal rhizome plant (*Hydrastis canadensis*) may also be useful for migraine. It has sedative qualities, and is also an antioxidant and anti-inflammatory, relieving inflammation in the mucous membranes of the head and throat.⁴

Berberine, one of the main active ingredients in goldenseal, has also been shown to reduce inflammation in blood vessels, even in patients who already have cardiovascular disease.⁵



MigraSpray

Feverfew, goldenseal and dandelion — along with *Polyporus officinalis*, a fungus found on Russian larch trees used to treat severe depression and mood swings — are all found in the over-the-counter natural medicine MigraSpray (www.migraspray.com; www.migrainerelief.org.uk).

In a randomized, double-blind clinical trial (considered the gold standard for assessing whether a treatment works or not) conducted at the Independent Medical Research Center in Bangor, Maine, 41 migraine sufferers were divided into two groups to test the effectiveness of MigraSpray against a placebo.

After one or two months, 66 per cent of those using MigraSpray reported complete relief of their symptoms and 88 per cent saw at least some degree

of improvement.

In contrast, in the placebo group, none had complete relief and 30 per cent saw some improvement.

The average time lag between MigraSpray use and migraine relief was just six and a half minutes.⁷

While MigraSpray is generally safe, it should not be used prior to elective surgery, or by pregnant or lactating women. And, as feverfew can alter clotting time, MigraSpray should also not be used by anyone regularly taking anticoagulants like warfarin or aspirin, or other ‘blood-thinners’, unless clotting times have been checked and the all-clear given by the prescribing physician.

The dose may also need to be lowered, or there may simply be contraindications for feverfew use.



Non-steroidal anti-inflammatory drugs (NSAIDs) like ibuprofen can also negate the usefulness of feverfew in the treatment of migraine headaches.⁸

Suggested dosage: The MigraSpray label recommends 10 sprays under your tongue at the first sign of an impending migraine or headache.

After administration, wait at least 30 seconds before swallowing to allow for absorption directly into your bloodstream through the mucosa under your tongue.

If you don't feel relief after five minutes, you can repeat the process (but only one more time).

Dandelion

Dandelion root (*Taraxacum officinale*) is a well-known diuretic,

mild laxative and detoxicating agent, all of which may be helpful for relieving migraines. It's also a rich source

of potassium, a deficiency of which is often associated with migraines. One theory is that high blood potassium causes blood vessels to constrict, which is helpful, as many migraines are caused by dilated and inflamed vessels. In addition, it's now known that a mutation of the TRESK (TWIK-related spinal-cord potassium channel) gene is linked with familial migraine with aura.⁶ Dandelion can top up the potassium shortfall as needed.



REFERENCES

- 1 Lancet, 1988; 2: 189–92
- 2 Cephalalgia, 2005; 25: 1031–41
- 3 Cochrane Database Syst Rev, 2015; 4: CD002286
- 4 www.herbwisdom.com/herb-goldenseal.html
- 5 Adv Exp Med Biol, 2016; 928: 27–45
- 6 Nat Rev Neurol, 2010; 6: 643
- 7 www.healthysopping.com/migraspray/executivesummary.asp
- 8 Arch Intern Med, 1998; 158: 2200–11

Harald Gaier, one of the UK's leading experts on alternative medicine and a registered naturopath, osteopath, acupuncturist, homeopath and herbalist, practises at The Allergy and Nutrition Clinic, 22 Harley Street, London. Visit his website at www.drgaier.com.

If you have a question for our Medical Detective, write to us at the usual address or email:

letters@wddty.co.uk



If you only read one spiritual book in your lifetime, make it **YOUR LIFE AFTER DEATH**

OBLIVION OR COUNTLESS OPPORTUNITIES
AND WONDERS – just what, precisely, awaits
beyond physical death?

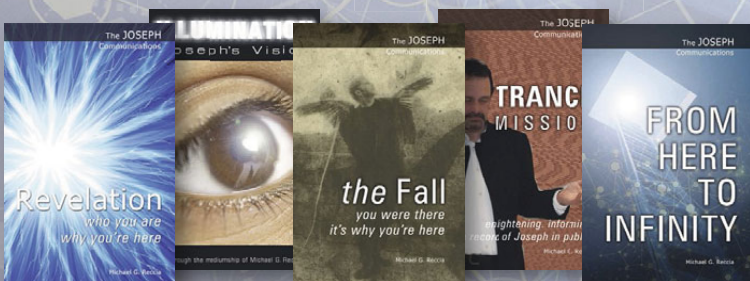
Authored by 'Joseph' from an advanced reality
'beyond the veil', this internationally acclaimed
book delivers arguably the most comprehensive,
no-nonsense account ever written of what lies
ahead upon leaving this world behind.

Revealing, inspiring, comforting ...Your Life After
Death dares to draw back the final curtain and
demystify the mystery. Read it and you'll never
look at the next life, or, indeed, this one, in quite
the same way again.

*'The teaching has helped me tremendously
in my spiritual growth. I have bought many
books to give to my patients.'* Dr. K. M.D.

*'The most amazing and authoritative
account of the spiritual world.'*
Geoffrey Keyte – Healing International.

*'As a biochemist turned naturopath, the
Joseph books have helped me to help my
patients in so many ways...'* Mark Barber

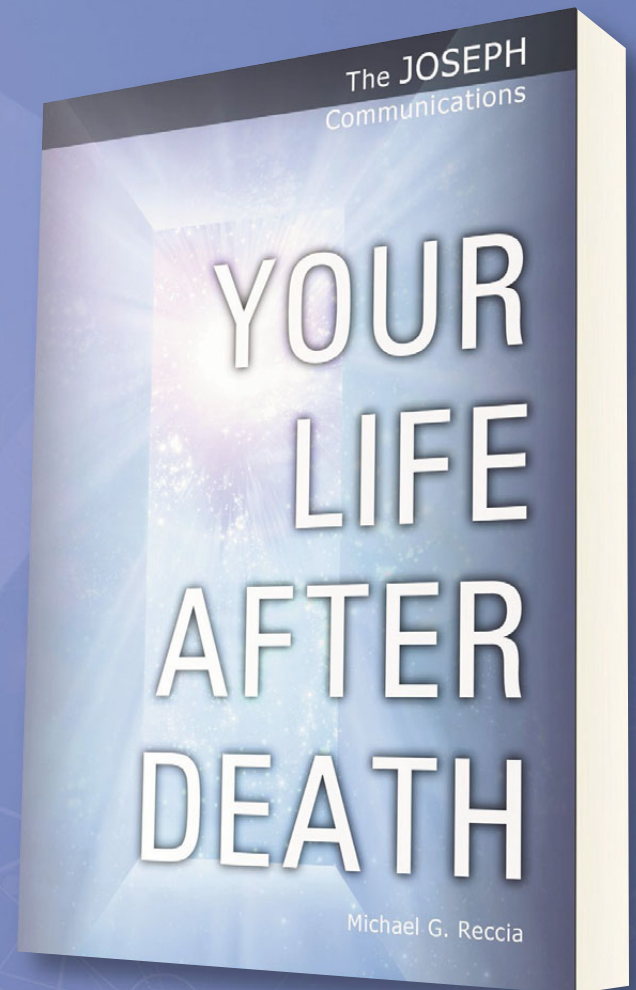


Available from: www.josephspeaks.com

or amazon.co.uk or by sending cheque payable to
Band of Light Media Ltd to:

10 Sparrable Row, Briercliffe, Burnley, Lancashire, BB10 3QW.

enquiries: info@bandoflight.co.uk



Your Life After Death:

the definitive guide to the afterlife
£16.95 inc. p&p.

Revelation:
who you are, why you're here
£15.45 inc. p&p.

Illumination:
change yourself, change the world
£14.45 inc. p&p.

the Fall:
you were there, it's why you're here
£16.95 inc. p&p.

Trance Mission:
enlightening, informing – Joseph in public
£21.95 inc. p&p.

From Here to Infinity:
advanced Light-Living; advanced Light-Giving
£16.95 inc. p&p.

eBook versions
available from:

amazon.com

BARNES&NOBLE





The latest evidence suggests that Alzheimer's disease is, effectively, 'diabetes' of the brain. In fact, some researchers claim the two illnesses are so similar that Alzheimer's should really be called 'type 3 diabetes'. This might explain why a staggering 70 per cent people suffering from type 2 diabetes go on to develop Alzheimer's, compared with only 10 per cent of the non-diabetic population who go on to develop the debilitating brain disorder.

The risk of dementia increases with age, affecting some 5 per cent of people over the age of 65. Dementia is also much more common in women and is now their biggest killer, causing three times more deaths than breast cancer.

Symptoms associated with a gradual decline in

brain function, such as loss of memory and difficulty concentrating, tend to be lumped together as 'dementia', but there are two main forms of the disease with very different causes: Alzheimer's (the most common) and vascular dementia.

True Alzheimer's disease is caused by plaques (of beta-amyloid) and tangles that develop in the brain. Spherical clumps that float among neurons, plaques prevent the transmission of messages from one nerve cell to another, while tangles choke neurons to death from the inside. Vascular dementia, on the other hand, results from a problem with blood supply to the brain.

Beyond the pancreas

It's now been shown that it's not just your pancreas that produces insulin; your brain has its own supply and needs insulin for the survival of its cells. A low level of insulin in the brain is linked to brain-cell degeneration, while good levels of insulin are essential for their survival and function.

After reviewing all the evidence showing a connection between Alzheimer's and type 2 diabetes, two pathologists from Brown Medical School and Rhode Island Hospital demonstrated that insulin levels are reduced in the frontal cortex, hippocampus and hypothalamus, all areas of the brain affected by Alzheimer's, whereas the cerebellum, which is not affected by Alzheimer's, did not show the same low insulin levels.¹

In healthy brains, beta-amyloid, a brain protein, has positive functions like fighting microbes, transporting cholesterol and protecting against oxidative stress. It only becomes a problem when it forms plaques.

According to the latest thinking, the reason beta-amyloid may start to form clumps and tangles could lie with insulin and how it functions in the brain.

A staggering 70 per cent people suffering from type 2 diabetes go on to develop Alzheimer's, compared with only 10 per cent of the non-diabetic population



A sweet solution to Alzheimer's

The latest evidence shows that Alzheimer's disease is a type 3 diabetes, caused by a diet high in sugar, says Dr Marilyn Glenville



Pure, white and brain-deadly

Research from Stanford University has provided the first large-scale, population-based evidence that sugar has a direct, independent link to diabetes. For every 150 calories from sugar consumed above the recommended daily calorie intake, there was an 11-fold increase in the rate of type 2 diabetes compared with when the 150 extra calories came from non-sugar types of food or drink.¹

The major pan-European study, the EPIC-Interact, has also confirmed that just one sugar-sweetened drink a day increases the risk of type 2 diabetes by 22 per cent. Another interesting finding of this study was that pure fruit juices or nectars have no effect on diabetes risk. However, if artificially sweetened drinks are substituted for sugar-sweetened ones, they also increase your diabetes risk.²

Another major study from France, which tracked more than 66,000 women over 14 years, found that the risk of developing type 2 diabetes was higher for women who drank either artificially sweetened or sugar-sweetened drinks.³

Indeed, the risk was actually higher with the artificially sweetened ones, and the risk skyrocketed the more they drank. Half a litre of artificially sweetened drinks increased the risk by 15 per cent, while 1.5 litres caused a 59 per cent higher risk.

But once again, this study found no link between drinking 100 per cent fruit juices and the risk of diabetes.³

REFERENCES

- 1 PLoS One, 2013; 8: e57873
- 2 Diabetologia, 2013; 56: 1520–30
- 3 Am J Clin Nutr, 2013; 97: 517–23

Insulin is important for promoting plasticity, enabling the brain to constantly make new connections over a lifetime

Up until just a few years ago, it was thought that insulin simply regulated blood sugar, but it's now understood to have a number of other functions as well. It regulates neurotransmitters and brain chemicals like acetylcholine, which are important for learning and memory. Insulin is vital for healthy neuron function, especially in those areas of the brain most affected by Alzheimer's—the hippocampus and frontal lobes.

Insulin is also important for the growth of blood vessels that help supply the brain with oxygen and glucose, and for promoting plasticity, enabling the brain to constantly make new connections over a lifetime.

Yet other evidence is cropping up, showing connections between type 2 diabetes, where regulation of pancreatic insulin is affected, and Alzheimer's. Research on rats with type 2 diabetes showed that the animals' brain function deteriorated rapidly as the disease progressed.² The high levels of insulin present in their bodies blocked the enzymes that break down amyloid, an abnormal protein, usually produced in bone marrow, which can then be deposited in any tissue or organ. The amyloid builds into toxic clumps (plaques), which disrupt neurological function.

Other studies show that, in diabetic animals,

Alzheimer-like changes in the brain arise in tandem with increases in beta-amyloid plaque.³ This suggests that, like the body, the brain can become insulin-resistant, unable to respond to insulin properly—a situation seen in the brains of human corpses.

In one such study, researchers took brain cells from newly dead people, some of whom had been diagnosed with Alzheimer's, and soaked them in insulin. Brain tissue from those without Alzheimer's showed active insulin signalling in response (brain signalling is maintained for a number of hours after death), but in those with Alzheimer's, there was no such activity, particularly in the hippocampus, the centre of learning and cognitive function.

The researchers, from the University of Pennsylvania, concluded that patients with Alzheimer's suffer from insulin resistance in the brain.⁴

Research is also emerging that insulin resistance in the body is involved in “negative cross-talk” that can cause Alzheimer's to progress and make its symptoms worse.⁵

But the reverse is also true: a review by researchers at the University of Kansas Medical Center concluded that treatment of type 2 diabetes with insulin sensitizers like metformin and pioglitazone, agents that lower blood sugar by increasing muscle, fat and liver responses to insulin, can improve brain function and also slow the rate of cognitive decline in Alzheimer's patients.⁶

Nevertheless, the same researchers also reported that amylin, a peptide made in the pancreas, clumps together like beta-amyloid, causing pancreatic beta-cell damage

THERAPEUTICS⁺

SKINCARE FOR PROBLEM SKIN



For skin prone to:

- ✓ Eczema
- ✓ Psoriasis
- ✓ Dermatitis
- ✓ Rosacea
- ✓ Spots & Acne

DON'T COVER IT UP, CLEAR IT UP

Formulated with natural plant extracts & vital oils

+ No petro chemicals + No steroids

+ No synthetic perfumes + No harsh parabens

For a free skin consultation please email: sales@therapeuticsskincare.com

www.therapeuticsskincare.com

01299 253 994

25% off first orders using code WTDDY

Essentially Yours
BRITISH SCIENTIFIC EXCELLENCE THE NATURAL WAY

Far infrared therapy

from

FIRZONE



£189

**Portable
Sauna**



£549

**Dome
Sauna**

**Sauna
Blanket**



£209

**Far infrared
heated mat**



£169

Safe to use, low voltage heated mat with advanced carbon heating elements plus tourmaline fabric for soothing far infrared heat. Suitable for Pilates/Yoga, massage, Reiki, general body warming, flexibility and back pain.

Far infrared is a soothing deep heat similar to sunlight but without the UV. The home sauna equipment is recommended by leading naturopathic doctors to promote detox and wellbeing.

Leading suppliers of far infrared products

www.firzone.co.uk

Tel: 0845 680 7671 E: sales@firzone.co.uk

(as in diabetes), and also aggregates in the brain in those with vascular dementia and Alzheimer's.¹⁴

It's already known that people with type 2 diabetes have an increased risk (about 50–65 per cent higher) of developing Alzheimer's. This suggests it may be possible to both prevent and slow the progression of both diseases by using the same tools, as the causes behind both are effectively the same: too much sugar in the diet (see box, page 53).

Besides problems of insulin regulation, it's also thought that inflammation plays a key role in Alzheimer's. Inflammation can change blood flow in the brain just as it affects the blood supply to the heart, and can also worsen the already inflamed beta-amyloid-affected brain areas and cause neurons to age, so speeding up the usual age-related decline in their numbers.

Being on this blood-sugar roller coaster also releases the stress hormone cortisol, eventually increasing inflammation which, in turn, will worsen brain and memory function.

Like melatonin, the hormone related to sleep, cortisol has a circadian rhythm. Levels are higher in the morning, revving us up to start the day, and are then reduced at night, while melatonin is higher at night and decreases by morning. But if cortisol levels stay high, then melatonin levels will remain low.

In fact, it's been noted that people with Alzheimer's exhibit an effect called 'sundowning', when their symptoms get worse towards the end of the day.¹⁵ Production of beta-amyloid also follows a circadian rhythm, increasing during the day and reducing when the person sleeps. Even animals deprived of sleep experience a 25 per cent increase in beta-amyloid.¹⁶

This suggests that the sleep/wake cycle may play a part in Alzheimer's through a connection with melatonin and/or cortisol, as the latter hormone is definitely related to blood-sugar levels.

You don't even have to have prediabetes or full-blown type 2 diabetes for these negative brain changes to take effect.

In one study, people were given either a high or low glycaemic-index (GI) diet (the higher the GI rating, the quicker the food converts to sugar in the body). Within just four weeks, those on the high GI diet had higher levels of insulin and significantly higher levels of beta-amyloid in their cerebrospinal fluid compared with those on the low GI diet.¹⁷

And just having higher levels of glucose from eating too much sugar-rich food is a significant risk factor for dementia even if you don't have diabetes.¹⁸

The rapid effects of glucose on the brain show how important it is to eliminate—or, at the very least, drastically reduce—added sugars and refined carbohydrates (like white bread and white pasta) from your diet. Get your blood sugar in balance by reducing and eliminating hidden sugars from the foods you eat.

The 5-day sugar detox

To assist in cutting down your sugar intake, I've created a 5-day sugar detox diet to help wean you off your sugar addiction

If you find the idea of slowly eating less sugar difficult, you may prefer a more radical approach. In fact, some people find it easier to cut out all sugar by going on a sugar detox.

If you want to make a radical change to your health and wellbeing, this is a great way to kick-start your body's healing. It involves eliminating all added sugars, artificial sweeteners, fruit and starches for five days. Look on this as a chance to rethink the way you eat; it's also an opportunity to recalibrate your metabolism and

to reprogramme your taste buds to appreciate a variety of flavours in your food rather than just sweetness.

If you stick with it, you will notice very distinct results in gaining control over your sugar addictions. Sleep will almost invariably improve, as will stress levels, as your blood sugar and hormone levels start to fall into balance. Your skin will look clearer and brighter, your face may well lose any puffiness and your eyes will become clearer.

Inside, your body will be heaving a deep sigh of relief as it's finally able to reduce inflammation and allow hormones to revert to a better balance. But besides your body, your brain will also thank you.



Foods to eat

Green vegetables: green is really your favourite colour on this detox, so load your diet with all types of green veg: bok choy, cabbage, kale, broccoli, courgettes, marrow, lettuce, rocket, green peppers, mangetout, beans, seaweeds, peas, broad beans, sugar snap peas

White vegetables: cauliflower, garlic, onions, leeks, celery, asparagus, fennel

Purple vegetables: aubergine (eggplant), purple sprouted broccoli, red cabbage

Good-quality proteins: fish, organic eggs, seafood, nuts, seeds, beans, tofu

Avocados

Seeds and nuts (all types): including nut butters (homemade or without added sugar) and nut milks (again, no added sugar or sweeteners)

Quinoa: although this cooks up like

rice, it's actually a seed, not a grain; it's also a complete protein

Buckwheat: also a seed, the flour can be used too

Sprouted seeds and pulses

Miso (fermented soybean paste)

Coconut (fresh, oil, cream): use coconut oil for frying (as a fat that's solid at room temperature, it won't degrade at high temperatures)

Herbal teas (nettle, peppermint, etc.): no fruit teas

Herbs and spices

Olives and capers

Cider vinegar, olive oil, flaxseed oil (for salad dressings)

Foods to avoid

Starchy vegetables: carrots, parsnips, sweet potatoes and potatoes are higher in carbohydrates (natural sugars) than the non-starchy vegetables listed above

Dairy products: most contain lactose (milk sugar), and it's better to eliminate all the various kinds of sugars

Fruit: if you must have some, then opt for berries, which have the least amounts of sugar, while tomatoes and mushrooms will add variety to savoury food.



The skinny on 'natural' sugars

Many alternatives to sugar called 'natural' are anything but. Here's my verdict (thumbs up or down) on the good, the bad and the ugly among alternative sweeteners. Wherever possible, rely on the natural sweetness of foods themselves rather than on sugar or artificial sweeteners, using carrots, raisins, beetroot, dates, figs and bananas as natural sweeteners.

Fructose

Sold as a highly refined white powder, which no longer has the goodness and fibre of fruit. Won't cause the release of insulin as sucrose and glucose do, but will go straight to your liver—just like alcohol—causing weight gain and fat around the middle. Interferes with the production of hormones related to hunger and satiety (feelings of fullness), and so increases appetite. Also gets converted into unhealthy fats like LDL ('bad') cholesterol and triglycerides.

Verdict: Fine if naturally contained within fruit, but not as a white powder added to food



Agave

A natural sweetener derived from the starch of the root bulb of the Mexican tequila plant. Essentially refined fructose, made by a process similar to converting corn starch into high-fructose corn syrup (HFCS), shown to be damaging to health. Expensive if produced in the traditional way (by slowly boiling the sap).

Verdict: Could be up to 90 per cent fructose, as there's no way to distinguish between commercially and traditionally produced products



Honey

A simple sugar mostly made up of glucose and fructose (up to 40 per cent in some honeys) that's quickly absorbed into the bloodstream. The 'blended' or 'produce of more than one country' varieties often heated to temperatures as high as 71° C (160° F), which destroys natural goodness. In winter, some beekeepers feed their bees white-sugar water or HFCS as a substitute for natural flower nectar.

Verdict: Nothing more than a simple sugar that affects blood glucose quickly. If you must use it, buy organic and use very sparingly



Molasses

This strong-tasting by-product of the three-stage process to extract sugar from sugar cane/beet has the least amount of sugar and highest quantities of vitamins and minerals, including vitamin B6, potassium, magnesium and manganese. Half its sugar content is fructose and glucose in equal amounts, while the other half is sucrose.

Verdict: May contain high levels of pesticides and other chemicals used in sugar cultivation and processing



Xylitol

Sold as a white powder and considered natural as it occurs naturally in plants like sugar cane and corncobs, but needs a lot of refining. Low in calories, it doesn't trigger insulin, so useful for diabetics. Reduces dental caries, but as a sugar alcohol (polyol), ferments in the gut, causing diarrhoea and bloating.

Verdict: Hard on the gut and too processed to be considered a natural product



Sorbitol

A sugar alcohol usually made from corn syrup and naturally found in stone fruits like prunes and plums. Often used in foods for diabetics as it triggers little or no insulin. A highly processed product, requiring hydrogenation. Gut side-effects are similar to those of xylitol.

Verdict: Heavily processed with negative effects on the digestive system



Evaporated cane juice

This newish ingredient in many 'natural' products is actually a sugar syrup from partially refined sugar similar to ordinary sugar, unlike unrefined sugar-cane juice, which is extracted either manually or

electrically by crushing sugar canes and drinking the liquid with lemon or ginger.

Verdict: Processed sugar by any other name, the US Food and Drug Administration (FDA) has warned of mislabelling with this product



Maple syrup

Made from the sap of maple trees. Contains 34 beneficial compounds with antioxidant and anti-inflammatory properties, significant amounts of zinc and manganese, and 15 times more calcium than honey. Usually recommended for IBS (irritable bowel syndrome) sufferers as it causes the least problems with digestion. Mostly sucrose, with very small amounts of fructose and glucose.

Verdict: A good natural sweetener for cakes and for drizzling over crumbles, but buy organic if possible



Barley malt syrup (extract)

An unrefined natural sweetener derived from sprouted, dried, cooked and reduced barley malt, and a good source of some minerals and vitamins with almost no fructose or sucrose.

Verdict: A good choice as a natural sweetener. Malty taste may not suit all recipes, but brilliant on flapjacks



Brown rice (malt) syrup

A natural sweetener containing maltotriose, maltose and glucose. Cheaper versions are made from cooked brown rice cultured with enzymes to turn starches into sugar, while others use sprouted grains that release enzymes which

break the grain down into maltose and other sugars. Buy organic, as more likely to be made from sprouted grains.

Verdict: A healthy sweetener devoid of fructose. Changes the texture of baked foods, so use when a little crunch is good, but sparingly in crumbles, flapjacks or healthy granola



Stevia

Derived from the leaves of a South American plant of the same name and used for centuries as a sweetener in South America. Approved in 2011 for use in the EU. Up to 300 times sweeter than table sugar (sucrose) but with a slightly bitter aftertaste. Avoid products not made with 100 per cent stevia, since some contain dextrose and flavourings. As not absorbed through the gut, it should be a boon for weight loss, but primes your body to expect a certain amount of calories for the sweetness, and so may increase appetite and cause weight gain.

Verdict: Use in moderation and only as pure stevia



Whole cane sugar

Unprocessed sugar cane contains vitamins A, B and C, calcium, chromium, zinc and magnesium plus antioxidant polyphenols. During sugar-cane processing, the molasses pressed out of the sugar keeps all nutrients intact, as not refined or subjected to high heat.

Verdict: A natural unrefined form of whole sugar that's absorbed more slowly into your bloodstream, but may be difficult to obtain



Palm sugar

Made from palmyra palm flowers tapped to release their juice,

which is boiled to produce a syrup and then crystallized. A traditional Ayurvedic ingredient containing B vitamins (including B12), it scores low on the glycaemic index (40), so is suitable for diabetics.

Verdict: A good natural sweetener and sugar alternative for cooking as well as in drinks



Coconut (palm) sugar

Also known as coconut nectar or blossom syrup. Made from the sap of coconut flower buds and turned into a syrup or crystals after minimal heating. Rich in B vitamins, magnesium, calcium, potassium, zinc, 17 amino acids, short-chain fatty acids, polyphenols, and antioxidants plus inulin, this prebiotic helps feed beneficial bacteria. Mixed opinions on its sustainability and whether collecting the sap affects the production of coconuts.

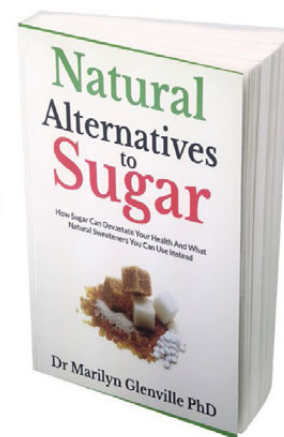
Verdict: Reputed to taste like brown sugar and a useful substitute for white sugar, but buy organic



Yacon syrup

Made from the root of the yacon, or Peruvian ground apple, a member of the sunflower family. Tastes like a cross between an apple and a pear, with good amounts of vitamins and minerals plus a prebiotic (fructooligosaccharide, or FOS), which helps to feed good bacteria in the gut. Traditionally made (without chemicals) by evaporation, like maple syrup. Low GI makes it fine for diabetics.

Verdict: Use instead of liquid sweeteners like honey and also for baking, but buy organic. May not be suitable for people with IBS due to high FOS content



Adapted from *Natural Alternatives to Sugar* by Dr Marilyn Glenville (Lifestyles Press, 2016), available from Amazon

REFERENCES

- 1 J Diabetes Sci Technol, 2008; 2: 1101-13; J Alzheimers Dis, 2005; 7: 45-61
- 2 Front Endocrinol (Lausanne), 2015; 6: 175
- 3 J Alzheimers Dis, 2012; 32: 291-305
- 4 J Clin Invest, 2012; 122: 1316-38
- 5 J Alzheimers Dis, 2012; 30 (Suppl 2): S217-29
- 6 Curr Neurol Neurosci Rep, 2012; 12: 520-7
- 7 Biochim Biophys Acta, 2014; 1842: 1340-9
- 8 Am J Psychiatry, 2001; 158: 704-11
- 9 Science, 2009; 326: 1005-7
- 10 Arch Neurol, 2011; 68: 743-52
- 11 N Engl J Med, 2013; 369: 540-8

An Australian
biochemist has
developed and
championed a
revolutionary
cure for skin
cancer with
a cream
derived from
a little-known
nightshade

The Devil's advocate



When Bob Janssen of Monterey, California, was diagnosed for the second time with basal cell carcinoma—this time on the left side of his nose—he procrastinated.

The first time he'd had basal cell skin cancer on the middle of his forehead, his dermatologist advised him to have surgery to remove the cancer, which turned out to be very painful. "The surgery also cut the nerves in my forehead," says Bob, "so to this day, there are parts of my forehead where I have no feeling."

So when he found another lesion, for several months, he put off the inevitable. In the meantime, he ran across mention of what was being touted as an in-home cure for skin cancers, a topical cream product called Curaderm BEC5.

Bob began using it in June 2016, applying it two to four times a day. After 95 days, he stopped treatment. The lesion on his nose scabbed over and, after less than a week, the scab fell off. "The skin was completely healed; there was no scar, just a small crater that I'm currently healing. The skin tone was normal."

And best of all Bob avoided having to undergo the trauma of facial surgery a second time around.

In the US, more than 3.3 million people are treated annually for non-melanoma skin cancer, and one in five Americans will develop some sort of skin cancer during the course of their life. The annual cost of treating skin cancers in the US—both non-melanoma and melanoma—is estimated to be \$8.1 billion, and the statistics are about the same for Europe.

According to the American Cancer Society, basal cell carcinoma (BCC) accounts for around 80 per cent of all skin cancers (see box, page 63). It is slow-growing and mostly found in the heavily sun-exposed parts of the skin. BCC rarely spreads to other parts of the body, although it might if it's left untreated over the long term.

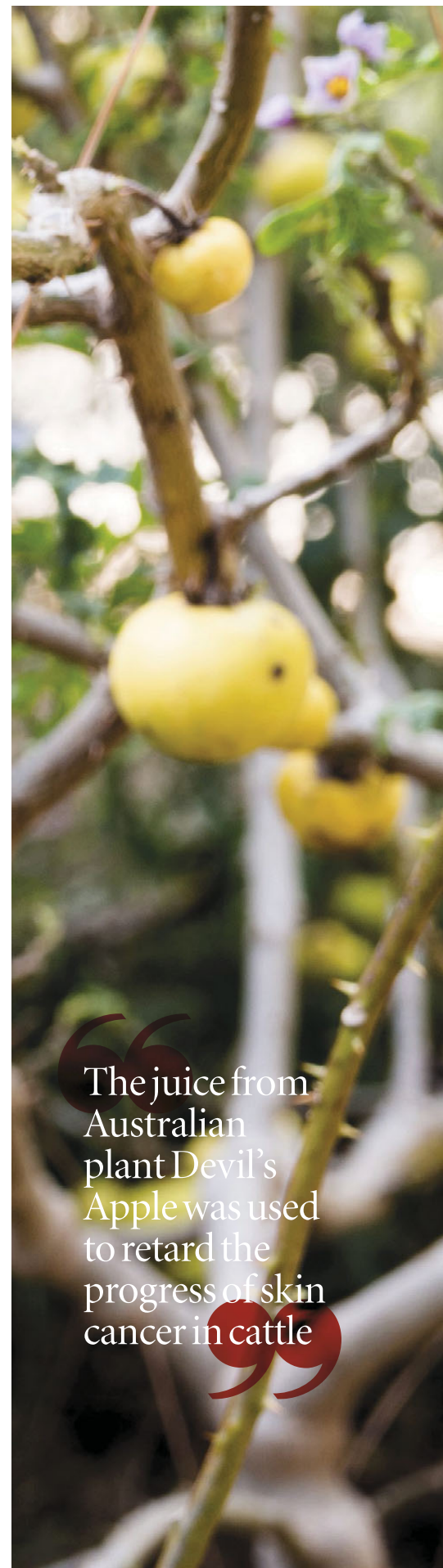
Methods for treating skin cancer and 'precancerous' skin conditions like actinic keratosis (AK) vary according to the form they take, how large they've grown, how long they've been present and where the lesion is located. AK shows up as small, reddish-pink, scaly spots on the face, neck and hands. Also slow-growing, it's an asymptomatic skin condition that rarely turns cancerous. If it does, it usually affects the squamous cells that make up the surface of the skin.

How Curaderm was invented

Bob Janssen avoided surgery the second time around by using a cream that came about because of one man's trial-and-error persistence. It has been said that for every disease known to man, there is a cure to be found in nature. The discovery by Dr Bill Cham of solasodine glycoalkaloids, derived from aubergines (eggplants), which can reduce and eliminate cancerous skin tumours, would seem to be a proof in point.

Back in the late 1970s, Cham, then a recent medical graduate specializing in biochemistry, was talking to a veterinarian from Brisbane, Australia. Out of the blue, the vet switched gears and started talking about how the juice from a local plant called the Devil's Apple was being used to effectively retard the progress of ocular squamous cell carcinoma (SCC) in Hereford cattle.

Although skeptical, Cham realized the enormous possibilities for medicine if it were true and decided to research the facts behind the claim. Considering there were hundreds of possible substances in Devil's Apple (*Solanum linnaeanum*) that might be responsible for



The juice from Australian plant Devil's Apple was used to retard the progress of skin cancer in cattle

Have You Tried These?

Essential for Health & Beauty

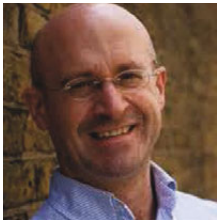
Get your
FREE Sample



- ✓ **Anti-Ageing**
- ✓ **Joint Pain**
- ✓ **More Energy**
- ✓ **Amazing Hair**
- ✓ **Beautiful Skin**
- ✓ **Strong Nails**
- ✓ **Arthritis**
- ✓ **Heart Health and more...**

UNICEF and The World Health Organisation studies show alarming mineral deficiency in modern food and soil which is detrimental to health and beauty.

Nutritionists, health consultants, beauty experts and sports trainers around the world have been searching for decades for the answer to optimum health and performance... now they've found it. These experts are now witnessing the amazing benefits after recommending 'Sizzling Minerals' to their clients.



Dr David McCollum
Champion BodyBuilder
& Nutrition Expert

Plant Derived Minerals are essential for maximum performance and also to assist the aversion of diseases such as *arthritis, asthma, diabetes, skin problems, osteoporosis, high-blood pressure, alzheimer's and strokes to name a few...*

"I've seen miraculous results in my clients"



"We should be eating plant-based minerals."

Dr Carolyn Dean MD. ND.

"Vitamins are basically useless in the absence of minerals".

Dr Gary Price Todd.

Simply
Naturals

Call now for an information pack and
your **FREE SAMPLE 0800 088 6033**

Quote Ref: JOD-001

FIND OUT WHY YOU NEED SIZZLING MINERALS AT www.DoctorsDontTell.com

The conventional menu of treatment options

The following includes all the major conventional skin cancer treatments. With all such treatments, scarring is inevitable, and the psychological issues accompanying such “acquired disfigurement” are usually much more pronounced than those associated with congenital disfigurement. Symptoms include body-image issues, anxiety, post-traumatic stress disorder (PTSD), depression, and a poorer quality of social and family life.¹ In fact, the ramifications in some cases can be so intense as to qualify as a social disability.²

Laser therapy, which uses light beams to burn away actinic keratosis (AK) and small superficial squamous cell (SCC) and basal cell (BCC) carcinomas.

Chemical peels with trichloroacetic acid (TCA), sometimes used to treat AK and SCC as these lesions lie in the epidermis.

Cryotherapy, where the doctor applies liquid nitrogen to freeze precancerous areas, often used to treat AK, SCCs and BCCs, sometimes more than once during a single office visit. When the skin thaws, it swells, blisters and

oozes, and may take a couple of months to heal, leaving a scar.

Curettage and electrodesiccation, an inpatient procedure, where the doctor scrapes away the cancer, using a scoop-like instrument, then applies electrified needles to the area to destroy any remaining cancer cells. Often requires repeats during the same office visit. Usually confined to SCCs and BCCs. Will leave a scar.

Photodynamic therapy (PDT) treats AK and small BCCs and SCCs by placing a topically applied liquid drug on affected areas, where it collects in tumour cells and, over time makes them hypersensitive to certain wavelengths of light, which are then applied to kill the cells. Less invasive than cryotherapy, but still causes redness and swelling, leaving the patient’s skin highly sensitive to sunlight.

Excision, used for SCCs, BCCs and melanomas by numbing skin with a local anaesthetic and cutting away the cancerous tissue. A certain amount of normal surrounding tissue (called the ‘margin’) is cut away as well to ensure the cancer

is completely removed. Depending on the size of the cancer margins may be as wide as 2 cm—still considerably less than the standard 3–5 cm used in the past.

Can be slow-healing; a lack of healing in some excisions—such as those on the legs of elderly people with poor blood circulation—is not uncommon. Sensory nerve damage due to local anaesthesia, possible motor nerve damage, and thickened tissue or smooth collagenous growths over the wound site.

Mohs Micrographic Surgery (MMS), the ‘gold-standard’ surgical approach, which involves an out-patient procedure using lateral excisions to remove thin horizontal slices of tissue, which are immediately placed under a microscope and examined to determine if the bottom and margins of the slice contain cancer cells. Once a slice reveals that the bottom and margins are cancer-free, the wound is stitched closed.

Advantage over the standard ‘bread-loaf’ excision: the procedure’s precision, as 100 per cent of

the tumor margin is examined on every slice taken, rather than 1–3 per cent of margin, plus less peripheral damage and scarring. However, the many possible complications of all surgery include recurrence of cancer.

Topical chemotherapy, which involves a drug such as 5-fluorouracil (5-FU), to treat AK as well as some BCCs and SCCs, applied to the lesion area after surgery and or as follow-up. Results in skin sensitivity to sunlight. In rare cases, people who have a deficiency of the enzyme dihydropyrimidine dehydrogenase have a hard time breaking down and eliminating 5-FU, leading to side-effects like diarrhoea, nausea and vomiting, and a reduction in blood cells, raising the risk of infection, anaemia, bleeding and bruising.



the SCC remissions, it was a true needle-in-a-haystack venture that took many years and a considerable amount of money to accomplish, which Cham managed to do without a single grant.

Eventually, he isolated the responsible ingredient: solasodine glycosides. The standardized mixture he created is called BEC, and consists of solasonine and solamargine triglycosides plus di- and monoglycosides. The glycosides both contain the same aglycone alkaloid (solasodine), while the sugar portion consists of rhamnose, glucose and galactose.

As it turned out, BEC not only worked with cattle, rendering them cancer-free and prolonging their lives, but Cham also claimed it had what’s called

‘antineoplastic’ properties—it can prevent and inhibit tumours—against a wide variety of human cancers as well.³

Continuing his work, Cham created a BEC topical cream formula that he says treats malignant human skin cancers, AK and even brown age spots. By now, this ‘new’ product has been clinically researched for the treatment of skin cancers and AK for almost 30 years (see box, page 65). So far, Cham says that he and his fellow researchers have published over a hundred articles citing their clinical findings of solasodine glycosides’ anticancer effects.

Over the years, the cream and its active components, solasodine rhamnosyl glycosides, have been used in

Allergies?

Shop our January Sale
and relieve your allergies



SAVE
up to
£25.00



Breathe clean air with Fellowes and HoMedics Air Purifiers
Clean the air of particles, organic odours and some viruses



SAVE
up to
£49.74

Remove the contaminants that can aggravate skin conditions, respiratory problems and general comfort
Whole House Water Filter Systems filter all the water coming in to your home



SAVE
up to
£65.00

Sleep peacefully in pure, untreated bedding
Pure Alpaca Duvets with Organic Cotton Cover - soft and luxurious

For our wide range of allergy products
www.healthy-house.co.uk

Call us today on 01453 752216
for free advice and information



The Healthy House®

RELIEVING ALLERGIES SINCE 1991

Shop online at www.healthy-house.co.uk

Call us on 01453 752216

Email us at info@healthy-house.co.uk



A wide range of products for allergies, asthma, eczema, hay fever, chemical and electrical sensitivity

dozens of clinical studies and, so far, Curaderm BEC5 has proved to be an effective and safe treatment for non-melanoma skin cancers.¹² In one such published case study, a patient with a large BCC on his nose, which stubbornly persisted after three failed interventions with “accepted therapies”, experienced a complete remission with Curaderm BEC5.¹³

In other research, twice-daily applications of Curaderm BEC5 to skin lesions “under occlusive dressing” (air- and water-tight) for trauma resulted in a 78 per cent cure rate after eight weeks of treatment and a 100 per cent cure rate for treatments after 12 weeks.¹⁴ Also, when the cream or a placebo (a cream without the active ingredient) was applied topically and dressed twice daily for just three consecutive days, the complete clearance rate for AK compared with the placebo was 92 per cent vs 38 per cent at day 56 of follow-up.¹⁵

Two clinical trials of the efficacy and safety of Curaderm for BCCs were conducted by the department of dermatology at the Royal London Hospital. According to their report, the success rate for a small double-blind trial and an open-label trial of the BEC5 cream was also around 78 per cent, in line with the general reported success rate of BEC5. The cream was also deemed safe.¹⁶

The same researchers later carried out a double-blind, placebo-controlled study of the cream (called Zycure in the UK) in 94 patients with BCC at 10 health centers across the UK. At eight weeks, the cure rate—complete destruction of BCC with no recurrence—was 66 per cent vs 25 per cent with a placebo, and 78 per cent after one year, with no major side-effects.¹⁷

Moving onto melanoma

So far, Curaderm BEC5 has not been used to treat melanomas because of the time the cream takes to act on other forms of skin cancer and AK (a time directly proportional to the size and age of the growths), so the risk of using a treatment that could take weeks to work on a cancer that is so deadly and metastasizes so readily are as yet unknown. However, Cham is planning to start clinical trials for melanoma skin cancers to see whether he can widen BEC’s net. The bonus of Curaderm, claims Cham, is that doesn’t leave a scar. The active anticancer ingredients, solasodine glycoalkaloids, are derived from eggplant, and this natural plant source has no known harmful effects on human tissue. One overview of the studies rates the cosmetic end results with Curaderm BEC5 as “excellent”.¹⁸

Dr Matteo Bordignon, a dermatologist and PhD in biomedicine and immunological science in Padua, Italy, relates a story about one of his patients, a 98-year-old woman he treated with Curaderm for multiple BCCs that healed perfectly with no side-effects or scarring. Bordignon has also published a brief record of his experience with Curaderm in five elderly patients (all were over age 70) at the last European Academy of Dermatology and Venereology Congress. “Every patient had more than one lesion, so we did a total



A basic guide to skin cancers

The most common forms of skin cancer are **squamous cell carcinoma (SCC), basal cell carcinoma (BCC) and melanomas**, so named after the three main types of cells found in the uppermost layers of skin.

Squamous cells are flat cells on the surface of the epidermis (skin) that are constantly wearing off.

Basal cells are formed at a deeper level and migrate upwards to eventually replace the surface squamous cells.

Melanocytes manufacture melanin, the pigment that, together with carotene and haemoglobin, gives our skin its colour.

SCCs make up around 20 per cent of all skin cancers, and is predominately found on the face, neck, arms and hands.

Melanoma accounts for only around 1 per cent of all skin

cancers, but causes the majority of skin cancer deaths and has consistently been on the rise for the last 30 years. Otherwise, some 80 per cent of skin cancers involve basal cells.

One rare form of skin cancer is **Merkel cell carcinoma**, which affects the cells lying close to the nerve endings in the skin—hence its alternative name of ‘neuroendocrine carcinoma of the skin’.

Kaposi sarcoma (KS) affects the cells that line the blood and lymph vessels, and usually presents as purple or red patches on the skin.

Skin lymphoma is a rare type of non-Hodgkin’s lymphoma that originates in the skin (not organs or other tissues); it’s made up of lymphocytes, the small cells found in lymph nodes, which are part of the immune system.

The cure rate with Curaderm was 66 per cent vs 25 per cent with a placebo, and 78 per cent after one year, with no major side-effects

of 10 lesions. Of these 10 lesions, nine out of 10 were successfully treated within 12 weeks.” One patient had a nodular BCC on her nose and very poor circulation. “It was quite difficult to treat,” he says. “But in 10 weeks, the carcinoma was resolved without any sort of surgical treatment or scarring.”¹⁹

Exciting potential

Given the apparently effective healing properties of solasodine glycoalkaloids for external cancerous tumours, there is currently considerable interest and research in the use of these glycoalkaloids (and glycoalkaloids in general) for the treatment of internal cancerous tumors.

So far, studies have shown that glycoalkaloids inhibit the growth of cancer cells in the liver and colon.²⁰ The glycoalkaloid solamargine, derived from *S. incanum*, or thorn apple, has been shown to trigger apoptosis (natural cell death) in breast cancer cells,²¹ whereas

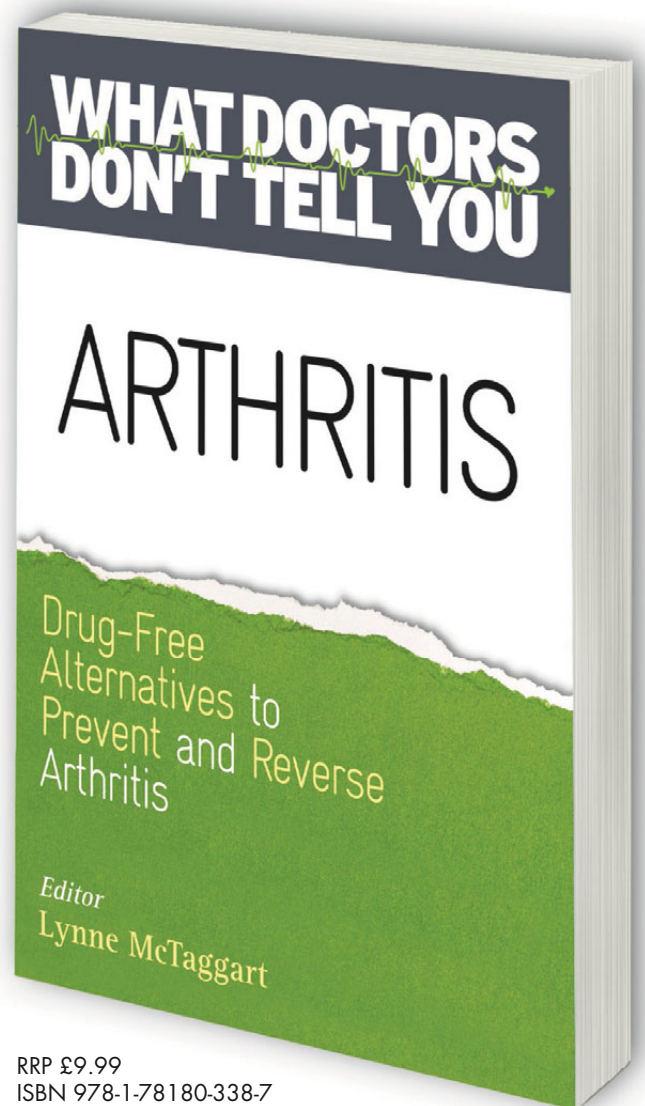
DISCOVER THE TRUTH ABOUT **ARTHRITIS** AND HOW YOU CAN MAINTAIN HEALTHY JOINTS AND EVEN REVERSE THE CONDITION **WITHOUT DRUGS.**

Did you know that...

- the catch-all term 'arthritis' actually consists of six different disease groups?
- over-the-counter pain relief medication could speed up the progress of arthritis?
- some treatments for arthritis could have life-threatening side effects?
- surgery does not guarantee healing and could lead to more serious conditions?



In association with Hay House Publishing, *What Doctors Don't Tell You* brings you *Arthritis*, edited by Lynne McTaggart. Start making informed decisions about your health, and the health of the ones you love.



RRP £9.99
ISBN 978-1-78180-338-7

www.hayhouse.co.uk



alpha-solanine, a related compound derived from potato sprouts, can cause apoptosis and also inhibit melanoma cell proliferation and migration.¹²

Saved from surgery

In 2014, Margaret Watson of Sydney, Australia, felt a lump under her right jaw and consulted her dermatologist. Her doctor performed a biopsy, which confirmed that she had an infiltrative BCC.

Referred to a plastic surgeon, she was horrified to hear that he planned to remove the BCC (which was rather small) by cutting a flap about the size of a small apple from her face. But his description of the damage this particular type of infiltrative BCC could do “so frightened me that I made an appointment there and then to have the surgery the following week”.

Back at home, she began to have second thoughts and started researching her options, when she discovered Curaderm. Watson cancelled her appointment with the plastic surgeon and began treatment with the cream.

Although there was some stinging initially with each application, that soon subsided. “I found it quite amazing that the Curaderm not only worked on the site of the BCC, but also tracked along the path of the tentacle,” she says. Over a period of some weeks, she says a “fair amount of erosion” developed at the jawline site, but no bleeding occurred. Watson fastidiously followed directions, applying Curaderm at least twice a day, covering it with Micropore tape and never allowing the lesion to dry out. Eventually, she says, while still applying the Curaderm, the site started to heal until all that was left was a tiny line along the edge of her jaw.

“It’s now no longer visible at all.”

When Watson returned to the dermatologist, another biopsy confirmed there were no longer any cancer cells present. Since then, Watson has used Curaderm on a total of eight BCCs on her legs, ears and nose.

She finds that the length of time it takes to see results is very much dependent on the size of the lesion. A small BCC on her nose or ear required days to weeks to heal, whereas some larger ones on her legs took months, but all eventually healed.

Despite its efficacy and lack of side-effects (including minimal scarring), Curaderm BEC5 cream (also sold as Kuraderm BEC5 and Zycure) is rarely used by dermatologists for the simple reason that surgery and other therapies are much more profitable than an in-home treatment cream available online for \$144 (€135.50) per tube. The main exception is in Russia, where Dr Cham says the product is registered (unlike the UK or US), and all patients using the cream are supervised by dermatologists and oncologists.

The mounting scientific and clinical evidence is persuasive. Now all Cham needs is for a few more advocates, in the form of doctors, patients and researchers, to confirm that his little cream is a powerful alternative to the cut-burn-freeze approach now on offer.

Cate Montana

How Curaderm actually works

Rhamnose, one of the plant sugars found in solasodine glycoalkaloids, is a natural sugar, but not one found in mammals, so mammalian cells, including human cells, have no receptor sites for it. Cancer cells in tumours, though, are another matter.

Once rhamnose molecules touch the surface of cancer cells, the cells recognize and bind to the glycoalkaloids. The next thing that happens is that the glycoalkaloids are absorbed into the cancer cells via what’s called ‘receptor-mediated endocytosis’. “It gets into the cancer cell and it goes into the lysosome of the cancer cell [considered the ‘stomach’ of the cancer cell],” says Bill Cham, the medic and biochemist who discovered the cancer-fighting potential of solasodine glycoalkaloids.

“Once it’s in the lysosome, the alkaloid actually breaks the membrane of the lysosome open, and all of the hydrolytic enzymes that are within diffuse into the cytoplasm of the cancer cell.”

The nuclear membrane of the cancer cell then dissolves, and this affects the mitochondria, triggering something called ‘apoptosis’, or natural cell death, through a certain process.

Because normal human cells have no receptor sites for rhamnose, they remain unaffected and unharmed. This is why, unlike chemotherapy, Curaderm doesn’t appear to have any biological side-effects, maintains Cham. And why there is no scarring or disfigurement.

“When you’re treating skin cancer, for instance, while the cancer cells are dying during treatment, the normal cells replace the cancer cells,” claims Cham. “That’s why the cosmetic effect using the Curaderm is so impressive. After treatment, you won’t even know that you had a cancer there.”

Despite its efficacy and lack of side-effects, Curaderm cream is rarely used by dermatologists for the simple reason that surgery and other therapies are much more profitable

REFERENCES

- 1 Indian J Plast Surg, 2010; 43: 200–5
- 2 Todkill D. ‘Surgical & Emotional Scars of Skin Cancer’. University of Warwick; www.bsds.org.uk/imagelib/pdfs/2006_Undergraduate_Essay_-_Dan_Todkill.pdf
- 3 Res J Biol Sci, 2007; 2: 503–14; Br J Med Med Res, 2014; 4: 621–31
- 4 J Cancer Ther, 2015; 6: 1045–53
- 5 Clin Med Rev Case Rep, 2016; 3: 098
- 6 ‘The Eggplant Cancer Cure by Bill E. Cham, Ph.D. – A book review’; www.smart-publications.com/articles/the-eggplant-cancer-cure-by-bill-e-cham-phd-a-book-review
- 7 J Cancer Ther, 2013; 4: 588–96
- 8 www.bionational.com/Curaderm-Clinical-Trial.html
- 9 Int J Dermatol, 2008; 47: 78–82
- 10 Cancer Ther, 2011; 2: 728–45
- 11 www.facebook.com/ChirurgoPlasticoRicostruttivoEstetico/photos/a.345142132292443.1073741827.197450797061578/728397960633523/?type=3&theater
- 12 J Agric Food Chem, 2004; 52: 2832–9
- 13 Biosci Rep, 2009; 29: 35–45
- 14 Biol Pharm Bull, 2010; 33: 1685–91

A man with short brown hair and blue eyes is looking directly at the camera. He is wearing a grey t-shirt with a graphic design that includes the words "Back in action" in bold black letters. The t-shirt also features a yellow and red graphic that looks like a torn piece of fabric or a mountain range. He is standing on a treadmill in an outdoor setting with trees in the background. The lighting is bright, suggesting it's daytime.

Back in action

Fitness fanatic David Roach was told he'd never exercise again after a back injury. But a therapy called myofascial release gave him his life back



even years ago, personal trainer, keen climber and former professional football player David Roach was told he'd never exercise again.

"It was the worst moment of my life," said Londoner David, now 36. "I'd just qualified as a PT and exercise was a huge part of my life. It was such a blow."

The hopeless prognosis was the opinion of a physiotherapist David had been seeing on the NHS after being struck with debilitating back pain one day out of the blue.

"I just woke up one morning in agony. I couldn't bend down and put on my shoes or socks. I was like an old man."

David assumed the pain would wear off in a few days, but after a week of no improvement, he made an appointment to see his GP, who arranged for David to have a scan.

Soon David discovered the cause of his pain: a torn sacroiliac joint (responsible for transferring the weight of the upper body to the lower extremities), and two bulging discs in his lumbar spine that were pressing on nerves in the area.

I just woke up one morning in agony. I couldn't bend down and put on my shoes or socks. I was like an old man

The injuries were most likely caused by having played a lot of sports over the years, David was told, or even just by general wear and tear.

He was prescribed painkillers and physiotherapy, but neither had much of an impact. "I couldn't walk for more than 20 minutes at a time," said David, "and I couldn't bend over at all."

After several sessions, David's physiotherapist delivered the news that there was no hope. "She said to forget about exercise and get a desk job. I was very depressed."

Seeking solutions

Despite seeing a number of other physios, all of whom came to the same conclusion, David refused to accept a future of painkillers and no exercise, and decided to look into alternative therapies instead.

"I spent a year researching and trying different things... osteopathy, rolfing, acupuncture... I must have spent thousands."

Some of the therapies helped, but only in the short term. "The pain would always come back," said David. "It was very frustrating."

Then a friend of David's suggested he try a therapy called 'myofascial release'—a hands-on technique that works on the fascia, the protein-based fibrous tissue that envelopes every muscle, bone, organ, ligament, tendon, nerve and vein in the body.

She recommended a practitioner called Ron Huntley,



“I think it helps that I’ve been injured. I can offer my clients advice on how to prevent or overcome injuries... I see injuries as an education now”

who trained in America with leading myofascial release expert John F. Barnes. Although David had “pretty much given up hope by then”, he made an appointment to see Ron at his North London practice.

The miracle worker

When David first met Ron at the Mackenzie Practice in Islington, he was surprised by Ron’s confidence. “He told me he’d be able to fix me in six sessions. I was sceptical, but I thought it was worth a try.”

David’s initial session was supposed to be two hours long, but ended up lasting for four. “I was so out of alignment. I thought I was sitting and standing normally, but Ron said my spine was a Z shape.”

The treatment, which involves focused manual

pressure and stretching, was uncomfortable and quite painful at times, David said. But afterwards, he noticed a big change in his posture and movement.

“Ron took before and after photos of me and you can clearly see the difference [see page 71]. I could move more freely and had less pain too.”

Over the next couple of months, David saw Ron for three more sessions, and carried out a set of simple home exercises daily that Ron had prescribed to improve his posture.

“He got me to paint a red dot on my watch so I’d remember to do my exercises every time I looked at it,” David said.

After his fourth session, Ron told David “you’re done”, and explained that he didn’t need any more

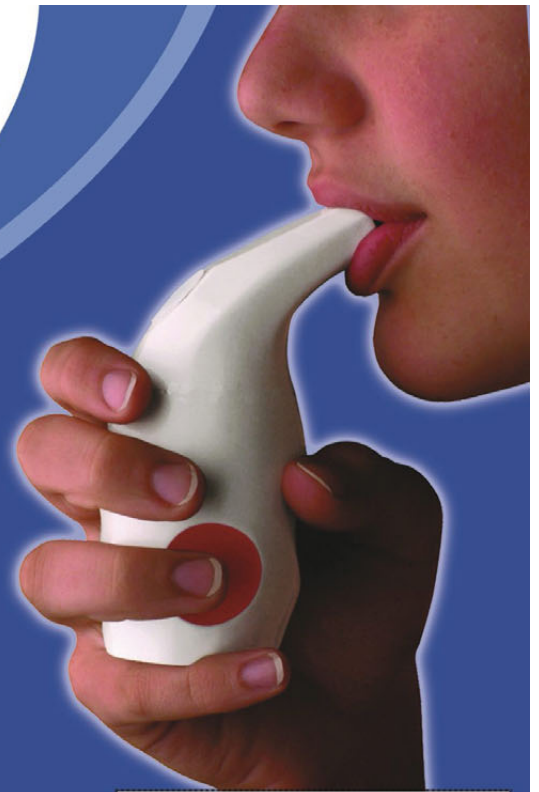
Breathe in the Sea air with

The Cisca Saltpipe®

AIR POLLUTION IS unavoidable, so it's important to take care of your respiratory system--even more so if you suffer from asthma, emphysema, bronchitis, COPD or sinus problems. The Cisca Saltpipe uses ancientsalt-cave therapy to help you breath more easily. As you inhale through the ceramic saltpipe, air is drawn over salt crystal and purified before entering your lungs. Using daily, it could help to restore respiratory effectiveness and improves your breathing. No need to refill, it comes with mineral salt lasting for 5 years.

Offer Price
£29.99 inc P&P

Cisca Easy Saltpipe (plastic version) lasts on average 6 months **£17.99 incl. P&P** also available at selected **Holland & Barrett** stores.



Find us on:
[facebook.com/ciscasaltpipe](https://www.facebook.com/ciscasaltpipe)

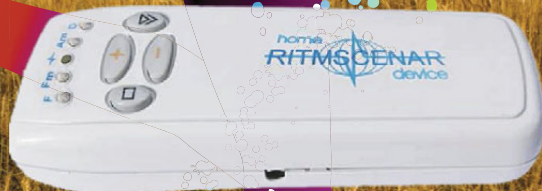
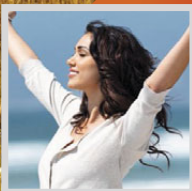
For more information and order Call **0191 373 4425** or visit

www.thesaltpipe.co.uk



PAIN GENIE

"Its what we can't say that counts" - www.paingenie.com





COLLEGE OF
NATUROPATHIC
MEDICINE

TRAINING SUCCESSFUL PRACTITIONERS

Attend a **FREE CNM**
Open Evening near you!

CHANGE CAREER

Train to become a...

- **Nutritionist** ■ **Herbalist** ■ **Acupuncturist**
- **Homeopath** ■ **Naturopath** ■ **Natural Chef**

Postgraduate Courses and Short Courses also available

Colleges throughout the UK, Ireland, South Africa, USA

Part time and full time studies

01342 410 505 www.naturopathy-uk.com

HOLISTIC DENTAL CENTRE

****Early Morning Appointments Now Available ****



The Holistic Dental Centre based in Farnham offers an holistic approach to dentistry. Our friendly team is on hand ready to welcome new and existing patients with a sympathetic and accommodating approach, making sure that your visit to the Dentist is as pleasant as possible. We realize that it is a great privilege to be able to treat you in this competitive world and we will never abuse the trust you place in us. We have invested in the latest technology of digital X-rays (90% less radiation than conventional techniques) Oral cancer screening and discovery device for the early detection of abnormal soft tissues, intra-oral cameras and ceiling mounted screens; so patients can relax watching television or a DVD whilst having treatment. We take care to use biocompatible materials to reduce toxicity for all patients especially those who may be chemically sensitive.

We believe that mercury is very damaging to the human body and if required we will remove your amalgam fillings safely, under a strict protocol.

Patients can also view their teeth and discuss any potential problems by magnifying the image of their teeth on a screen.

We offer all kinds of **routine dentistry** including:

- **Safe mercury removal**
- **Hygienist**
- **Metal-free ceramic crowns**
- **Bridges and veneers**
- **White fillings**



Holistic Dental Centre

If you have any questions or would like to book an appointment with Dr Emma Davison or Dr Gareth Rhidian, please contact Sharon by telephone or e-mail

info@mercury-free.co.uk **01252 820004** www.mercury-free.co.uk

treatment. “He said I was fixed and could exercise again. I couldn’t believe it!”

New heights

David was apprehensive at first, but gradually started getting back into exercise. Instead of his usual intense gym training, he took up more gentle forms of exercise like Pilates and the Feldenkrais Method—both of which he says are fantastic for people with back problems. As his confidence grew, he tried more dynamic activities.

“It was then that I discovered climbing,” David recalls, “which I now do four times a week at a local indoor climbing centre. It’s great because you’re using your whole body in a natural way. I feel stronger than I ever did before.”

David also managed to get back into personal training and soon had a steady stream of clients. He now has his own successful business and trains up to seven people a day.

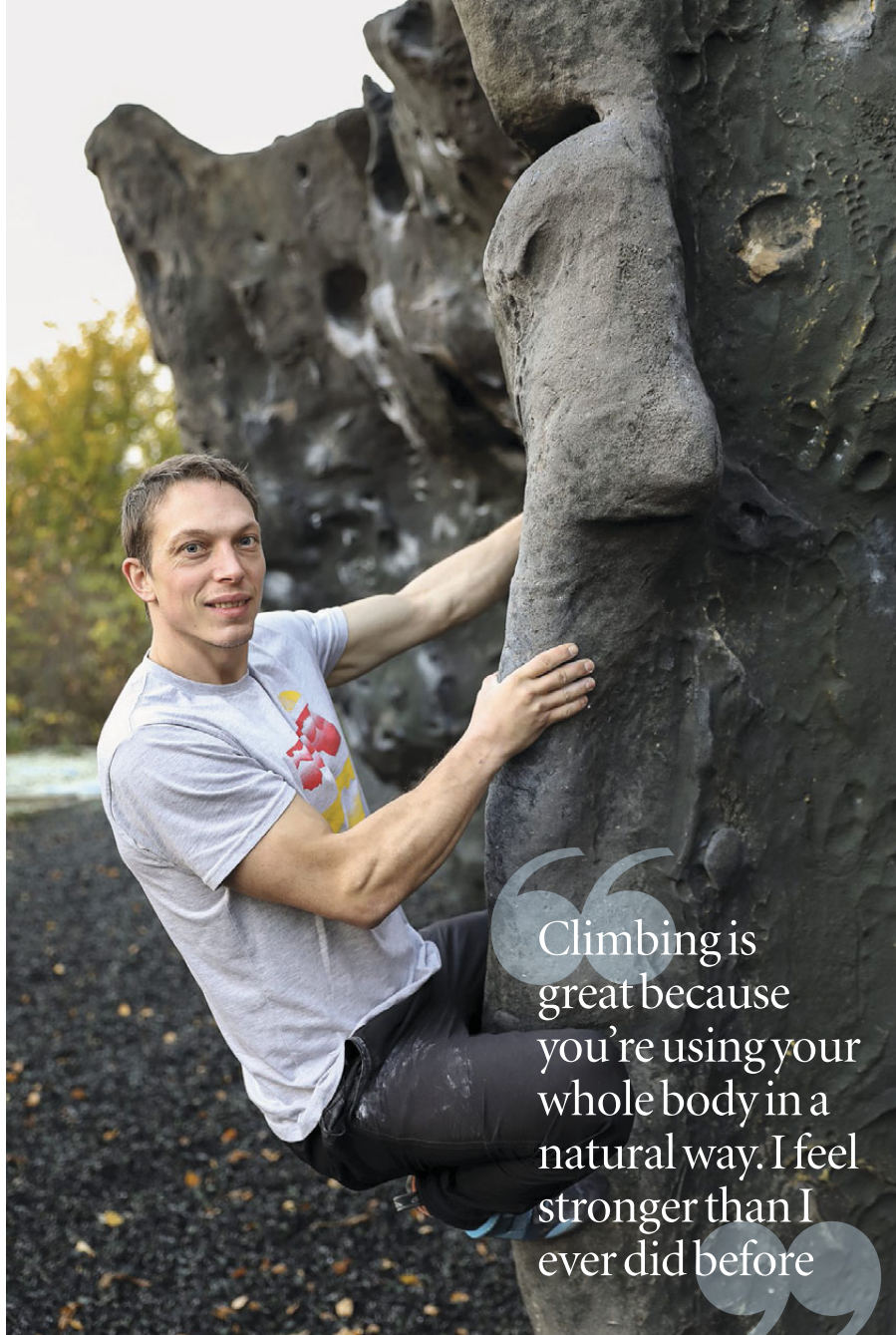
“I think it helps that I’ve been injured. I can offer my clients advice on how to prevent or overcome injuries and point them in the right direction. I see injuries as an education now.”

Healthy eating is an important part of David’s life too. He doesn’t drink and follows a Paleo-style diet, avoiding grains, dairy, refined sugars and processed foods, while focusing instead on fresh fruit and veg, meat and fish, and nuts and seeds.

“I think good nutrition has really helped me heal and stay healthy and prevent other injuries,” David said.

But it’s Ron that David credits for giving him his life back. “I don’t know where I’d be if it wasn’t for him. I wouldn’t be climbing, I wouldn’t be a personal trainer... I’m so glad I didn’t listen to those doctors and physios.”

Joanna Evans



“Climbing is great because you’re using your whole body in a natural way. I feel stronger than I ever did before”

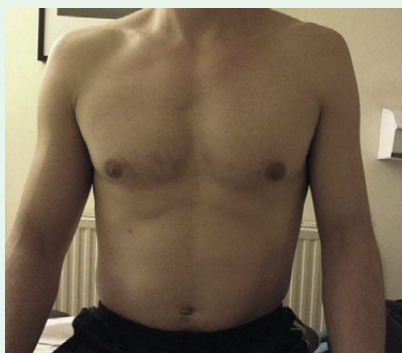
What is myofascial release?

Myofascial release is a holistic hands-on therapy that uses manual pressure and stretching to release physical restrictions in the body. Instead of manipulating muscles, myofascial release works on the fascia—the web of elastin and collagen fibres that surrounds and separates muscles and other internal organs—which can scar or harden as a result of trauma, inflammation and prolonged poor posture.

Myofascial release is designed to promote relaxation of tense tissues, leading to less pain and stiffness, and an improved range of motion. In fact, clinical studies have found the technique to be beneficial for patients with chronic lower-back, neck and heel pain.¹

According to a review of 10 studies of myofascial release for orthopaedic conditions—defined as anything involving the muscles, ligaments and joints—the outcomes were mixed, but generally positive.²

Setting it straight: David was clearly out of alignment before his first myofascial release session (top right). But after a single four-hour treatment, his spine and torso appeared much straighter (bottom right), and he could move more freely



Useful contacts and resources

Myofascial Release UK: www.myofascialrelease.co.uk; Duncur House, 1 Weavers Drive, Torrance, Glasgow G64 4AP; tel: 0333 006 4555

The Mackenzie Practice: www.mackenziepractice.com; 125 Mackenzie Road, Islington, London N7 8QS; tel: 0203 322 9884

John F. Barnes Myofascial Release: www.myofascialrelease.com; tel: (US) 1610 644 0136

REFERENCES

- 1 JPhysTherSci, 2016; 28: 2812–5; Foot (Edinb), 2014; 24: 66–71
- 2 JAthlTrain, 2013; 48: 522–7



Harness the power of aromatherapy



100% pure essential oils | massage oils | cosmetic bases | aromatherapy skincare

Save 20% on first order, quote WDDTY20*

www.baseformula.com



*Single use only. Cannot be used in conjunction with any other discount or promotional offer.

WHAT DOCTORS DON'T TELL YOU
Healthy Shopping
The Insider's Guide to Safer Living

Back to basics

These all-natural hair and body care essentials will help simplify your switch to non-toxic toiletries

Inside the box

Tried and tested recipe box kits to save you time and hassle

Image courtesy of iStockphoto.com/Organic

COMPILED BY JOANNA EVANS



Soap star Dr. Bronner's

Organic Shikakai Liquid Tea Tree Soap, £8.99 (335 mL)
www.biggreensmile.com; tel: 020 8123 0289

This multitasking 100 per cent natural organic soap contains antibacterial tea tree oil plus shikakai extract — derived from the seed pods of the South Asian climbing shrub *Acacia concinna* — supposedly used for centuries in India as a gentle cleanser for skin and hair. Just one pump delivers a rich lather you can use for your hands, hair, face and body, and the packaging is fully recyclable.



Back to basics

Looking to detox your toiletries in the new year? Here are six everyday essentials to kickstart your switch from synthetic-based to natural products



A soft touch

Weleda

Almond Sensitive Skin Body Wash, 7.95 (200 mL)
www.weleda.co.uk; tel: 0115 944 8200

Most shower gels contain harsh detergents along with artificial fragrances and preservatives you may be better off avoiding. Thankfully, natural-beauty companies like Weleda do a range of alternatives, like this sweet-smelling body wash, specially formulated for sensitive skins. Mild coconut-sugar-derived ingredients gently cleanse the skin, while the generous doses of almond oil and shea butter moisturize and replenish.

Bee clean

Green People

Fennel & Propolis Toothpaste, £3.80 (50 mL)
www.greenpeople.co.uk; tel: 01403 740 350

If you're looking for a fluoride-free toothpaste, try one from Green People's excellent range, which contains calcium carbonate for cleaning teeth and aloe vera for soothing gums. This fennel-flavoured version also includes propolis, a bee-produced waxy resin that can prevent plaque and combat cavities.¹⁴ Fans of foaming formulas will love its mild foaming action (thanks to betaine, a sugar-free compound derived from sugar beet), while homeopathy users will be pleased it's mint-free.





Get pasted

Earth Conscious

Natural Vegan Deodorant—Lavender, £5 (60 g)

www.earthconscious.co.uk; tel: 020 3290 0218

Regular deodorants (and antiperspirants) are usually crammed with synthetic chemicals and potentially harmful ingredients like aluminium. This one, a paste you scoop from the tin and apply to your underarms with your fingers, is a refreshingly natural and vegan blend of coconut oil, arrowroot powder, shea butter, sodium bicarbonate, jojoba wax, and essential oils of lavender and tea tree. It's designed to allow you to perspire naturally, but combats body odour thanks to its antibacterial properties.



About face

Neal's Yard Remedies

Wild Rose Moisturising SPF 30 For Face,

£25 (50 mL)

www.nealsyardremedies.com; tel: 0845 262 3145

Facial moisturizers with added SPF (sun protection factor) are regarded by many in the beauty industry as the number-one skincare essential for preventing premature ageing. This one shuns chemical sunscreens in favour of natural minerals—zinc oxide and titanium dioxide—which combine to provide broad-spectrum UV protection. There are also plenty of antioxidants to fend off free-radical damage, plus natural oils of rosehip, baobab and shea butter to nourish, hydrate and smooth the skin.



No scents

Urtekram

No Perfume Shampoo, £5.08 (250 mL)

www.beautifullyorganic.co.uk; tel: 0800 773 4297

Proving that natural and organic products don't have to cost a fortune, this shampoo from Danish brand Urtekram is just over a fiver. The company also makes a No Perfume Conditioner for a similar price. As the names suggest, they're both completely unscented—there are no artificial fragrances or even natural essential oils—so they're suitable for sensitive skins. What they do contain is a blend of gentle cleansers and natural moisturizers like aloe vera extract, glycerine and shea butter.

Inside the box

Want homemade meals without the hassle? Try a recipe box



Best for: healthy eating

Mindful Chef, from £27

www.mindfulchef.com; tel: 020 8875 1790

The Mindful Chef team creates eight imaginative recipes for you to choose from each week, all completely free of gluten and refined carbs. Simply pick up to five that take your fancy, select how many portions (one, two or four) you require of each, and the ingredients—locally sourced and organic whenever possible—will be delivered to your door every Sunday (in London) or Monday (nationwide) with an easy-to-follow recipe card. There are vegan and veggie options available and, although it's a subscription-only service, you can cancel or skip deliveries at any time.

Sample meals: Butternut squash, kale and chicken quinoa risotto; Veggie lasagne with aubergine, cannellini bean ragu and pesto; Pork chilli with paprika sweet potato wedges and avocado

WDDTY verdict: We loved the healthy, Paleo-friendly recipes and not having to worry about added sugar or refined carbs. Despite pasta, bread and white rice being off the menu, the meals were filling and full of flavour. We're also impressed by the fact that Mindful Chef is the only company to offer a one-person box and a vegan-only box too.

Best for: no ties

Riverford Organic Farmers, from £24.95

www.riverford.co.uk; tel: 01803 227 227

No subscription is needed to enjoy Riverford's recipe boxes (purchases are a one-off), which are filled with fresh, seasonal ingredients from small-scale organic farms and producers. Recipes change weekly and come in 'original', 'vegetarian' (Vegetarian Society-approved) and 'quick' (ready in around 30 minutes) versions, plus you can choose if you want two or three meals—each suitable for two people—per box.

Sample meals: Pollock with crispy capers; Roast cauliflower gnocchi; Thai green chicken curry

WDDTY verdict: Full marks for presentation: the ingredients were organized by recipe, so no time was wasted working out what goes with what, and the box (which is collected by Riverford for recycling) comes labelled with handy storage and preparation tips. The meals were imaginative, delicious and satisfying; our only gripe was the added sugar in some of the pre-made stocks and pastes, although it was usually brown or raw cane sugar.



Delivered-to-your-door recipe box kits allow you to cook like a pro at home without any of the hassle of thinking up menus, scouring the supermarket shelves

and measuring out ingredients. Usually, you sign up for a weekly subscription and can choose what recipes you'd like in your box, which comes with a handy recipe card

and pre-portioned ingredients.

Here we check out four recipe box companies offering nationwide delivery in the UK.



Best for: flexibility

Abel & Cole, from £36

www.abelandcole.co.uk; tel: 03452 62 62 62

Abel & Cole's recipe boxes come in four box 'themes' — 'Simple' for classic cuisine, 'Foodie' for more creative dishes, 'Veggie' for vegetarian-only meals and 'Light' for recipes under 500 calories. They're subscription-only, but you can choose to have your boxes delivered every week, every other week or every three, four or eight weeks, plus you can cancel or pause boxes up to two days before delivery. A big bonus is that you can swap meals if you spot anything you don't like before ordering, and all ingredients, which come in a returnable box, are ethically sourced and organic whenever possible.

Sample meals: Saffron poached cod with carrot and clementine herb salad; Honey roast parsnips with lentils and kale pesto; Turkish chicken and date casserole

WDDTY verdict: We liked the flexibility of being able to pick and choose the recipes you want, and the focus on fresh, seasonal organic produce. Recipes were tasty, easy to follow, reasonably quick to make and provided generous portions. But as with Riverford, watch out for the sugar in the pre-made stocks if it's something you'd rather avoid.

Best for: choice

Gousto, from £27.49

www.gousto.co.uk; tel: 020 3011 1002

You're spoilt for choice if you go with Gousto; there are 12 nutritionally balanced recipes to choose from each week — from meaty feasts to veggie delights — and you can select up to four recipes for two or four people each week. You can even order four different boxes a week if you have a lot of mouths to feed. Most of the ingredients come from local farms, and the meat is always 100 per cent British. A subscription is required, but it's easy to cancel or pause if you want to.

Sample meals: Quick Persian lamb couscous; Lemon-crusted basa (catfish) with brown butter; Chicken and hummus bowl

WDDTY verdict: We loved the variety of dishes on offer and the inclusion of exotic ingredients like Ras el hanout, a North African spice mix containing rose petals. Meals are quick to make, most taking less than 30 minutes, and are flavourful and satisfying. The only downside is that some of the pre-made products, like the mayonnaise, stock and tortilla wraps, contain added ingredients like sugar, stabilizers and acidity regulators that some people may wish to avoid. Still, it's easy to view all the ingredients in the recipes before ordering, and you can simply give any you don't want a miss.





High strength Vitamin D

This is a dry, water-soluble preparation of natural vitamin D3 (cholecalciferol)

These are tiny, soft capsules which are very easy to swallow

In case you do not like taking pills or tablets, the capsules can be cut open and the contents dissolved in water

Vitamin D supports bone, cardiovascular, neuromuscular, and immune health

High strength Omega-3

San Omega-3 Total is very pure *natural* fish oil.

This is combined with organic olive oil, Vitamin D and natural lemon oil. The olive oil helps to deliver the fish oil to the right parts of the body and also last longer once opened, while the lemon oil gives it a great taste!

An 8ml spoonful delivers 2 grams of Omega-3, providing:

- EPA 1,152 mg DHA 496 mg DPA 112 mg
- Plus Vitamin D3 1,000IU (25 micrograms)

www.greenvits.eu



Call: 020 8954 6242

Email: sales@greenvits.eu

10% discount for readers of WDDTY - quote: WDDTY10



Natural Gluten-Free Bread You CAN EAT

Welcome to the **ONLY Organic Gluten-Free Bakery** in the UK. We use traditional overnight fermentation, without adding yeast. **We mill our own flour** fresh every day. **NO Xanthan Gum** or **Methyl Cellulose**. Proper Bread just without the Gluten! Choose from a huge variety of **Breads, Snacks, Cookies, Fresh Flour & Miracle Cake**. Order online today.....

"Artisan Bread Organic show it's perfectly possible to produce Gluten-free bread in a natural way"

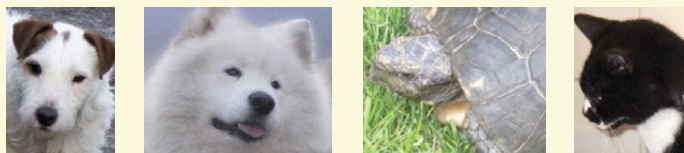
Extract from Joanna Blythman article for Sunday Times October 2015

www.artisanbread-abo.com

Calling all Health Practitioners - Join our Affiliate Scheme - see website for details

CAMROSA OINTMENT

The soothing multi-purpose ointment
Helping animals since 1997



Some of our many success stories

Soothes itchy, irritated, dry skin
Promotes natural healing and hair re-growth
An effective water repellent barrier



"After 6 years I have finally found a product that works. Many thanks."
L. Hunt, Bristol

Our experienced staff are happy to advise you on the use of our ointment on +44 (0)1892 783240 or visit www.camrosa.co.uk for more information



Tree Of Life Inspiration • Wellbeing • Vitality
Inspiring events to nourish your mind, heart & spirit in Birmingham



TONY STOCKWELL
Spirit Messages
Sat 4 Mar



DR DAVID HAMILTON
The 5 Side-Effect of Kindness
Fri 31 Mar



JAN DAY
Living Tantra
Sat 8 Apr



JUDY HALL
The Crystal Wisdom Oracle
Sat 6 May

www.treeoflife-events.co.uk 0121 449 4086



Alyssa Burns-Hill
PhD, MSc, FRSPH, MIHPE
Science in Hormone Health

Holistic Hormone Health uses **Western Science** with advanced medical testing and **Natural Approaches** that support you back to positive health & wellbeing.

Clinics

- Harley Street, London
- International Virtual Clinic (via Skype, FaceTime or phone)

"I expect significant measurable results within 6 weeks for the majority of people."

Thyroid - Menopause - Fertility - PMS - Stress, Depression, Anxiety ... and more

www.drallyssaburns-hill.com

Dr Alyssa Burns-Hill, PhD

Alyssa's Harley Street Workshops
Menopause: Uncovered - Feb 2017

HRT interferes with thyroid & increases cancer risk. Personalise your natural approach to the menopause to overcome flushing, weight gain, sweats, sleep and mood issues.

Advisory Panel for Thyroid UK



The world's No.1 magazine for alternative news, health, future science and the unexplained

NEXUS

NEW TIMES



Oct-Nov 2016

Publishing overlooked, suppressed and under-reported global news and research since 1987

In the Oct-Nov 2016 issue:

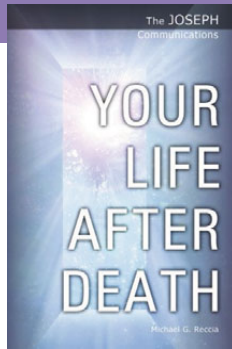
- The Looming Crisis for Europe's Banks
- The Bacterial Cause of Alzheimer's
- Plant Intelligence and Interspecies Communication
- 432 Hz: Towards a New Standard Concert Pitch
- Viva The Ether! Magnetism's Copernican Revolution
- Mind Over Matter: Placebos and Self-Healing
- Crop Circles of 2016...

FIND THE CURRENT ISSUE ON-SALE IN NEWSAGENTS THROUGHOUT THE UK INCLUDING WHSMITH

1 year subscription (6 issues) £22 inc UK p&p, £32 elsewhere. Cheque to 'Nexus Magazine' or card details by phone/post.

NEXUS Magazine, 55 Queens Road, East Grinstead, RH19 1BG
Phone 01342 322854 • Email nexus@ukoffice.u-net.com

www.nexusmagazine.com



The JOSEPH Communications

If you only read one spiritual book in your lifetime, make it this one.

OBLIVION OR OPPORTUNITIES AND WONDERS – just what, precisely, awaits beyond physical death?

Authored by 'Joseph' from an advanced reality 'beyond the veil', this internationally acclaimed book delivers arguably the most comprehensive, no-nonsense account ever written of what lies

ahead upon leaving this world behind.

Revealing, inspiring, comforting ... *Your Life After Death* dares to draw back the final curtain and demystify the mystery. Read it and you'll never look at the next life, or, indeed, this one, in quite the same way again.

'The most amazing and authoritative account of the spiritual world.'
Geoffrey Keyte – Healing International.

'The teaching has helped me tremendously in my spiritual growth. I have bought many books to give to my patients.'
Dr. K. M.D.

AVAILABLE FROM: www.josephspeaks.com or amazon.co.uk or send cheque for £16.95 (includes p&p) made payable to Band of Light Media Ltd.
to: 10 Sparrable Row, Briercliffe, Burnley, Lancashire, BB10 3QW, U.K.

eBook versions available from:

amazon.com

BARNES&NOBLE



Empower Yourself!

Whole Food Herb Formulas

- Safe
- Affordable
- Organic



Order Now Save

15%

code: WDDTY15 (restrictions apply)

ORGAN CLEANSING & IMMUNE BOOSTING PRODUCTS
NO PRESCRIPTION REQUIRED

Apothecary Herbs

+704-885-0277
www.thepowerherbs.com

WHAT DOCTORS DON'T TELL YOU

Classified Directory

To advertise contact Trevor Jayakody:

0208 971 1655, trevor@wddty.co.uk

NETWORKING

Interested in natural health and community?

The Natural Health Finder links local community groups and health practitioners with an easy Google map search. Holistic practitioners, family support, environmental initiatives, natural products and much more listed in over 60 different categories.

- Practitioners have a whole page for each listing and can edit at any time.
- Just £35 for three different listings for two years. Non-profits list for FREE!

www.naturalhealthfinder.co.uk

OXYGEN THERAPIES

Dr Simi Khanna

15 The Dell, East Grinstead, West Sussex RH19 3XP

☎ 07895982533

@ drsimikhanna@gmail.com

www.drsimikhanna.com

- Providing holistic healthcare for 35 years
- Assist your body to heal itself
- Using cellular therapies that replenish and recharge the elements that are natively present within cells
- Oxygen, light photons, bioenergetic frequencies, water, nutrients
- Ancient knowledge coupled with modern science
- Free consultation for treatment programmes

PRACTITIONER TRAINING & EDUCATION

Allonus Zest of Life Programme

☎ Joy Wisdom 01691

718927/07951283495



@ info@allonus.co.uk

www.allonus.co.uk

YouTube information / interviews

NEW UNIQUE CLINICAL TRAINING:

CPD approved

Dissolve & Resolve Emotions (DARE)

- Practitioner's specialist clinical techniques, with out-of-the-box approach.
- Enhances practitioner present base skills.
- Blend of clinical practices, energy medicine and enhanced healing.
- Targeting the emotional, biological, psychological and spiritual.
- Find bigger picture core issues: present day and past life influences, with future preventative options.

DARE is an exciting, inspirational and cleverly put together course that blends and uses skills to new horizons. There is certainly nothing like it. Discover more with ONE-DAY introduction dates.

TAPPING/EFT

Grace DaSilva-Hill

Station Road, Charing, Ashford, Kent TN27 0JA

☎ 07590524795

@ www.healingwithgrace.co.uk

EFT-Tapping and other therapies

Find out more

WDDTY has been researching medicine and health since 1989. It has an 8,000-page website and has published 260 reports and 19 fully-updated e-books. You can use these resources to find out more about some of the subjects covered in this issue.

To purchase one of the e-books visit: www.wddty.com/health-books.html; to purchase one of the audio teleseminars visit: www.wddty.com/teleseminars.html



Drug news
(page 17)

What Big Pharma Doesn't Want You to Know ebook: Discover the truth about commonly prescribed drugs such as antidepressants, antibiotics and hormone replacement therapy as well as the over-the-counter drug dangers in this two-part ebook.



A sweet solution to Alzheimer's
(page 50)

Ageing well ebook: This two-part report explores many of the chronic health problems that seem to be associated with getting older, and looks at ways to prevent and treat them naturally.



Getting to the top
(page 38)

Your Exercise Plan ebook: The perfect guide if you want to introduce steady, gentle and regular exercise into your life. The exercises in this ebook will help keep you fit and healthy well into old age.



A juicy cure
(page 45)

Healing Foods ebook: Hippocrates said that food should be our medicine—and *Healing Foods* explores the theme, focusing on the 'power foods' that may be as effective as drugs and investigating the claims for some of the new 'miracle' foods and drinks on the market.



The Medical Detective
(page 47)

Dr Gaier's Casebook ebook: Registered naturopath, osteopath, homeopath, acupuncturist and herbalist Dr Harald Gaier provides alternative solutions for a variety of common health problems—from mouth ulcers to menopause.



Healthy Shopping
(pages 73-77)

Safe Living ebook: If you want to know more about how to shop healthier, check out *Safe Living*. It looks at the pollutants that could be doing you harm in your everyday environment and how to minimize your chemical exposure.

IN THE NEXT ISSUE

February 2017
On sale from January 26

Preventing breast cancer

Cancer Research UK has been extolling drugs watchdog the National Institute for Health and Care Excellence's (NICE's) decision to approve the use of the drug anastrozol to prevent breast cancer, claiming it is far safer than drugs like tamoxifen. Celeste McGovern investigates the wisdom of prescribing a poison with a hefty list of side-effects to a potential 600,000 women to prevent an illness, and what natural measures are better.

Smoke gets in your eyes

The e-cigarette, the chic method of giving up smoking, has spawned an entire industry devoted to making electronic smoke in a vast variety of flavours. But how safe is vaping? New evidence shows these devices have a tendency to blow up and that the flavours hide serious health risks. Cate Montana lights up a murky industry.

More than skin deep

Some of the most troublesome problems facing medicine concern skin conditions like psoriasis and eczema, and the conventional solutions range from the useless to the dangerous. WDDTY checks out safer ways to clear your skin.

Here a little slice...

Big Pharma complains about the vast cost of researching new drugs, while remaining one of the most profitable industries in the world. So, what exactly is the profit margin on individual drugs? Do the drug companies charge double the cost of production? Quadruple? Go on—take a guess. Bryan Hubbard does the shocking sums.

The rise of the superbug threatens modern medicine

Medicine's pivotal moment

Bryan Hubbard

What was it your granny taught you about using a very long spoon if you sit down to sup with the Devil? Sadly, medicine's spoon has been way too short as it's feasted with the pharmaceutical industry, and it's likely to all end very badly.

Medicine has become increasingly dependent on the pharmaceutical industry over the past 70 years, so much so that it's hard sometimes to distinguish any difference between medicine and drugs. Aside from diagnosis and surgery, medicine is just that—a drugs-delivery service.

Governing bodies monitor doctors to make sure they're writing out enough prescriptions—and some doctors have even lost their licences for under-prescribing—but patients have played their part too, as they've come to expect leaving the surgery with a prescription or five.

In this three-way exchange, patients are the losers. It's debatable just how well they're ultimately served by any drugs—as chemical agents treat presenting symptoms, not the cause—whereas the doctors have at least fulfilled their professional obligation. And the drug companies? Well, they run off with the spoils to share with their shareholders.

It sort of works in the same way a one-legged stool sort of works: as long as someone keeps propping it up, it's a stool. And as long as governments and insurance companies throw billions and billions of pounds and dollars at medicine, that sort of works too.

But when nobody holds on to the one-legged stool, it falls over, and that's about to happen with medicine. The rise of the superbug—immune to even the strongest antibiotics—is threatening the very existence of medicine. If an antidote isn't found, and quickly, medicine will be set back 70 years to a time when it was helpless against every life-threatening bug out there. Doomsday words, but they're from the UK's chief medical officer, Dame Sally Davies.

Medicine has looked imploringly to its dinner companion to come up with a solution—but the drugs industry is looking the other way. Drug company after drug company has closed its antibiotic research facilities: AstraZeneca, Pfizer, Roche, Bristol-Myers Squibb and Eli Lilly have all announced they're pulling out of the market completely.

AstraZeneca's head of pharmaceuticals, Paul Stoffels, spoke for them all when he told the press: "The market for a new antibiotic is very small, the rewards are not there and so the capital is not flowing. It's about the sheer amount of money people are prepared to pay for a drug. In cancer, people pay \$30,000, \$50,000 or \$80,000 per patient for a drug, but for an antibiotic, it is likely to be only a few hundred dollars."

So there you have it, neatly presented on a stick: it's about the money, stupid.

Never mind that millions will die from superbugs, or that the 'drugs distribution network' is facing its greatest existential challenge—no, there just aren't enough bucks in it to make it worthwhile. Roche, one of the drug companies that's abandoned the antibiotics ship, makes \$7.10 billion a year from its chemotherapy drug Rituxan alone.

That's where the profit is, and that's where the research funds are going.

Just as the Devil's façade is that he's there for you, so it is with Big Pharma, which wears the magnificent finery of altruism yet, beneath it all, only cares about profits and its shareholders.

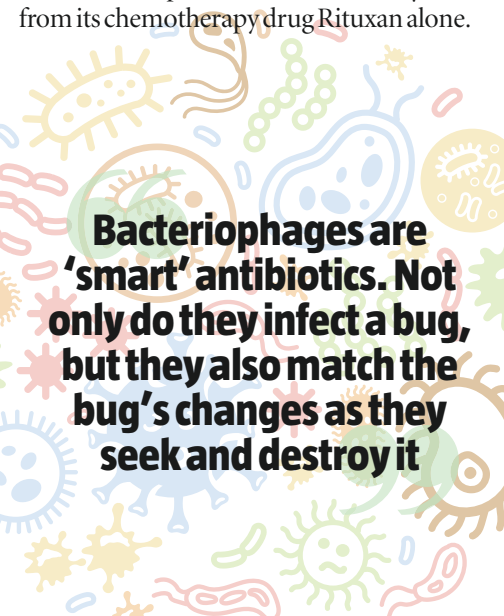
But there's hope. Long before antibiotics came along, scientists had been researching bacteriophages ('bacteria-eaters'), naturally occurring viruses discovered in 1896. These are 'smart' antibiotics—not only do they infect a bug, but they also match the bug's changes as they seek and destroy it.

While this research was mostly abandoned in the 1920s when antibiotics came along, research centres in Eastern Europe—and especially the Eliava Institute in Tbilisi, Georgia—carried on doing the work.

Now, research centres in the West have started to renew their interest in bacteriophages. The University of Helsinki is planning a series of clinical trials, possibly starting with wound-healing, acne therapy and the eradication of *E. coli* bacteria from the intestine. Other institutes in the US, UK and Belgium have been testing the safety of phage therapy through a series of double-blind, controlled clinical trials.

With no money coming from the drugs industry, trials are instead getting funds from elsewhere. The European Commission (EC) R&D Project, for example, is supporting the PHAGOBURN study, which aims to assess the safety and effectiveness of phage therapy for wound infections. As for the Helsinki series of studies, a private foundation is donating €850,000 to bankroll them.

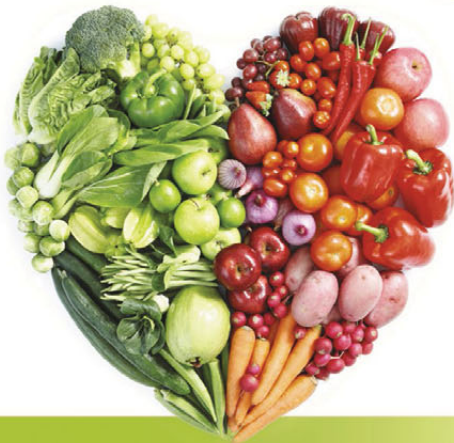
It's a pivotal moment for medicine. Will it finally find itself a long-enough spoon to distance itself from the drugs industry and actually start to explore non-drug therapies? Its very existence may depend on finally doing the right thing.



Bacteriophages are 'smart' antibiotics. Not only do they infect a bug, but they also match the bug's changes as they seek and destroy it

HOME STUDY COURSES IN HOLISTIC THERAPIES

- turn your interests and passions into a flexible career!



SCHOOL OF
NATURAL HEALTH
SCIENCES

EST. 1997

- Have you ever dreamt of a lifestyle that would give you more time for yourself and your family?
- Do you need to learn new skills in your current career as a therapist at an affordable price?

At The School Of Natural Health Sciences we are dedicated to providing fully accredited professional training courses in holistic therapies. With over fifty five courses to choose from in the comfort of your own home we will guide and support you step by step whether you are a beginner or professional in holistic therapies.



Discover your therapists
discounted learning pack today at:
www.naturalhealthcourses.com/special-offers

*- all discounts are time sensitive
so don't delay!*

Join thousands of other successful students
today and create a life full of well being

For full details, course descriptions and fees please visit:

www.naturalhealthcourses.com

For further information or to request a call back email us at:

enquiries@naturalhealthcourses.com

 **0871 717 4287**

(calls cost on average 10p a
minute from a BT landline)



What your Doctor WON'T tell you....

Natural solutions 'that work' for modern day health problems



Normal function of the Brain and Heart* with The KRILL MIRACLE

- Provides daily intake for Docosahexaenoic acid (DHA) and Eicosapentaenoic acid (EPA)
- Better than fish oil, super rich source of Omega 3, 6 & 9
- European Novel Food approved, processed from sustainable krill harvests in the Antarctic Ocean using a patented eco-harvesting fishing system that ensures no by-catch
- Now in Veg Licaps (most Krill products are in a Gelatin capsule)



Normal Vision* with MAXIFOCUS

- x24 super nutrients
- High amount of Lutein, Zeaxanthin & Riboflavin
- Now in dropper and liposomal delivery for even better results!



Normal Energy and a Reduction of Tiredness & Fatigue* with MAGNESIUM OIL 'ULTRA'

- Drawn from the 250million year isolated Ancient Zechstein seabed, 2km beneath the earth's crust
- Ultra pure magnesium chloride blended with MSM
- Recommended by Dr Mark Sircus, magnesium expert
- Also contributes to normal Muscle Function, Electrolyte Balance, Protein Synthesis and normal Bones*



Normal function of the Immune System* with DAILY IMMUNE PROTECTION

- Unique formulation created by Robert Redfern
- x10 powerful ingredients
- Each capsule contains EpiCor, ExSelen Selenium, Dimethylglycine HCL, Immune Assist Micron Powder, Larch Arabinogalactan Powder, Beta Glucan 1,3 1,6, Elderberry Fruit Extract, Vitamin D3, Vitamin C and OptiZinc



Normal Thyroid Function and normal Cognitive Function* with NASCENT IODINE

- "When I was a medical student, Iodine in the form of K1 was the universal medicine. Nobody knew what it did but it did something good". Nobel Laureate Albert Szent Gyorgyi, the physician who discovered Vitamin C
- The best form of Iodine supplementation
- 1 drop = 400mcg Iodine (approx 600 per bottle)
- Also contributes to the normal Growth of Children*



Your Healthy Meal Replacement with REALLY HEALTHY PASTA

- Gluten free, organic, legume pasta
- Only one ingredient per pack!
- Super healthy, nutritious and tastes great
- High Protein, Iron & Fibre
- Available in Red Lentil, ChickPea, Black Bean, Mung Bean, Buckwheat & Golden Flaxseed

More than 150+ health solutions available, contact us today!

T: 03337 777 333 (local rate call, Mon-Fri 9am-5pm) or visit www.GoodHealthNaturally.com



* Authorised Health Claim taken from the EU Register on Nutrition and Health Claims.

**WDDTY
READER
OFFER!**

WDDTY READER OFFER JANUARY

10% off the products during the month of JANUARY. Use code **HEALTHY17** at checkout or over the phone. This promotion is for retail only and will expire 31/01/2017.

Can be used on any order inc. Buy 3 Get 1 Free specials.