



Hypoglycemic Health Association of Australia

working to prevent diabetes

HYPONEWS

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*The Newsletter of the Hypoglycemic Health Association of Australia is distributed to members of the association and to health professionals with an interest in **nutritional medicine and clinical ecology**. Past newsletters are also available on the website.*

Our next Public Meeting and AGM will be at

12.30pm on Saturday 22 August 2015

**at Kogarah Library
O'Keefes Lane, Kogarah**

Our guest speaker will be Pharmacist Alan Malouf who will be speaking about:

**"Vitamins & Prescription Drugs –
Do They Mix?"**

plus

**"Nutrients & Health Tips That Will
Extend Your Life"**

- *Can you please **RSVP to Kerrie on 9553 0084** to assist with the organisation of the catering. If anybody could assist with afternoon tea in any way, please advise at the time of your RSVP.*
- *As we are not yet able to finalise meeting date for the next meeting, can you please **keep the Saturdays for 28 November and 5 December 2015 free – date, speaker and topic to be announced in the next newsletter.***

DISCLAIMER: The articles in this newsletter are not intended to replace a one-to-one relationship with a qualified health professional and they are not intended as medical advice. They are intended as a sharing of knowledge and information from research and experience in the scientific literature. The Association encourages you to make your own health care decisions based upon research and in partnership.

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- Josie Vendramini

NEWSLETTER EDITOR

- Susan Ridge

Alan Malouf

(Pharmacist, Compounding Chemist, Research and Development)

Alan, whose keen interest in compounding has led him to design and produce new and innovative formulae to treat a wide range of diseases states. This is often done in conjunction with medical practitioners. Alan uses his wealth of pharmacy experience to educate customers. He places a strong emphasis on treatment of bio-identical hormone replacement for women and men, treatment of cardiovascular disease, anti-ageing, ADHD and autism.

Treasurers Report

By Sue Litchfield

I cannot believe how the time has flown! So much has happened in my life I should write a book.

So sorry I missed out on the last meeting due to a health problem. It was also our AGM - all the positions were declared vacant, and all were re-elected:

- **Dr George Samra** remains as **President**;
- **John Natoli** remains as **Secretary**.

I am so pleased to hear that Reg and Lynn Grady have come back onboard. Reg and Lyn have been members of the Association for a number of years. During that time they have been very valuable committee members holding the position of catering coordinator. After the retirement of John Goninan. Lyn became the president. They were both missed on the committee, so welcome back!

I would also like to say a special thanks to Kerrie Hoareau, Dr Samra's receptionist, for all her help, especially during the past few months, which have not been easy for me. Also thanks to Susan Ridge who has done a fabulous job with the newsletter - I have to say it's as good as they get! And thanks also to John Natoli for doing all the printing and posting for the newsletter.

Our bank balance is starting to look good again - we now have \$7800.00 in a term deposit and our cheque account has a balance of just over \$3000.00.

It is disappointing to see that quite a few members have not renewed in spite of being sent reminder notices. It is the memberships that keep us afloat with our ongoing expenditure – for instance the web page requires constant maintenance. Luckily we do have some members who are very generous with donations, which I would like remind everyone, are tax deductible. A member, Eddy, who has generously paid the joining fee off all new members in the past, has very kindly offered to continue - we are all very grateful for this very generous offer. Many thanks.

Report by Bev Cook (Newcastle)

I am very happy to report the recent meeting we had in Toronto was a great success. We were fortunate to have Dr Mark Donohoe as our guest speaker with a very timely subject: " Chronic Complex Illness- the GEMINI Approach to Understanding CHRONIC FATIGUE SYNDROME". (As many of you will remember, the Sydney group had Dr Donohoe deliver the same topic with great success!)

We were blessed with a lovely day, weather-wise, and Dr. Donohoe had a safe trip up from Sydney, although there was more than usual traffic to battle through due to the school holidays. All 24 of us were happy to welcome him. As there were about a dozen new faces at our meeting, it seemed appropriate to start the meeting with a brief history of the Newcastle Branch of the HHAA highlighting the aim of the Association, which is being to inform and educate the communities in which we live to prevent diabetes.

Some 30 years ago, a few local people being diagnosed and treated for hypoglycemia, and other health issues such as chronic fatigue syndrome, fibromyalgia, candida albicans and allergies, got together for monthly meetings to support one another. A very successful beginning at the meeting held in the staff room at Hillsborough Primary School. After some time, a new venue was chosen

at the new Multi-Purpose Centre in Toronto. We were the first group to use that venue, and the Council marked the occasion by letting us have the meeting there that day free of charge. We have been able to hold our meetings over the recent few years in the Meeting Room at the Toronto Library.

Our dear friend Dr George Samra has been a regular guest speaker, much appreciated, over all the years we have operated locally. The group has had many other guest speakers including the late Don Pemberton, clinical nutritionist, as well as naturopaths, herbalists and doctors. As all guest speakers had different subjects, the result has been an ongoing education campaign for the benefit of our community, to help prevent diabetes and manage our other related health issues.

As the HHAA is a registered charity and not for profit organisation, without any financial support from the Government, and no recognition from that body, an effort was put forward to gain some recognition in Newcastle, by the contact person for the local group being nominated for an award from the Government for 25yrs volunteer service. This award was presented to Bev, (contact person) at a ceremony by Federal Member Sharon Grierson in 2009. The following year, 2010 the Newcastle Branch of HHAA was able to apply for a Government Grant for volunteer organisations to assist in the local running of the group. This was to the amount of a few thousand dollars, providing sound equipment, a trolley, a cupboard to house the equipment, including a large esky and a small filing cabinet and sundry items. All much appreciated!

More recently, it was suggested by the parent body to approach our local council for assistance in the rental of the library meeting room. The Lake Macquarie City Council could not waive the rental cost, but very kindly advanced the amount of \$1000 to assist in paying the rental and overheads for running our meetings, as they were for the benefit of the local community. A very pleasant surprise for which our branch is very grateful.

A warm welcome was given to Dr Mark Donohoe and all were eager to hear him speak on the Gemini Approach to Understanding Chronic Fatigue. In the audience were people who had recently been diagnosed with CFS as well as those of us who have battled with it for many years. It was so good to hear the condition is more readily recognised, although sad it is becoming more prevalent now. As there was a coverage of Dr Mark Donohoe's material in the HHAA Newsletter from the previous Sydney meeting, we will not cover that again. However, the question time following Dr Donohoe's delivery was very interesting and a good opportunity for us all to gain even more information. A huge 'thank you' to Dr. Donohoe for coming to Toronto and giving us the information to better understand CFS!

At this point, and a very sad note too, we acknowledge the sad passing of three of our regular members who assisted with organising our local meetings, attending them for many years. Our friends, Francette Reckwell, Gerry and Pam Gowing all passed away last March. We miss them. Our thanks for helping to run the meeting with sound and recording goes to Graham Hughes and there to help Frank Wallenhoffer. Frank's wife, Nada, along with Ralda Mathias, were also a big help in getting the afternoon tea spread out for all of us. The mention of afternoon tea brings us to

give a special thank you to dear friend Pat Byfield, who, although not able to attend, did make the delicious sandwiches. Thanks to all who 'chipped in' to help like Jill and Steve, long-term members of the group.

How To Gain Better Health by Treating Your Body Holistically

(By Brent Daisley BSc, CMTA, FDN, HLC, CHEK, MT. Sydney Holistic Lifestyle Centre)

There are three things your body requires – air, water and food. These days however these three things are often of such low quality that they can cause problems to your body's metabolism. Metabolism is the sum of all chemical processes that occur inside your body at any given point in time. It's quite an amazing bit of hardware and software your body with over two trillion reactions occurring at a metabolic level, every second. So the sources of your air, water and food need to be of the highest quality.

Let's have a look at the importance of each and how to ensure that it is of a quality that will not harm your body but enhance it. Air. Two issues one must look at is air quality and whether you are actually breathing in a way that will promote your health. The quality of your air can come in to question if you live in an urban environment. Exhaust fumes, factory emissions and off-gassing carpets, furniture etc. can result in a toxic air quality inside your home. The idea here would be to get yourself an air filter that can help clean the air where you spend the most time. In addition certain plants have also known to have a good ability to cleanse the air in your home.

Now that your air is clean, are you breathing in a fashion that facilitates oxygenating the trillions of cells you have in your body? For breathing to be most effective you need to be breathing 'diaphragmatically'. That is rather than your chest moving when you breathe you should be breathing largely where your upper stomach / diaphragm moves the most. If this is not the case then you have what is known as an 'inverted breathing pattern'. With each and every breath you are unknowingly creating stress inside your body. Let's run a quick test to see how you breathe.

Lie down and place one hand on your chest and one hand on your stomach. Now take a few breaths. What hand is moving the most – the hand on your chest or the hand on your stomach? If your hand on your stomach moves the most then you are breathing diaphragmatically. However if the hand on your chest moves the most then you have an inverted breathing pattern.

Water. Do you drink tap water? I bet you that if I dug down into the pipes in the street feeding your home, cracked open the pipe and got you to have a look inside I bet you would never ever drink tap water again. Tap water these days is filled with all matter of potential toxins. Algae, rust, scale, heavy metals, pesticides, herbicides, VOC's (volatile organic compounds), chlorine, fluoride, etc. all lurk in the water you get from your tap. It has even been estimated that around 2% of the water is filled with prescription medications. In general it is not recommended to drink tap water.

So what can you do? Filter your water. Basic carbon activated water filtration systems can cost as little as \$100 and can make a big difference to the quality of the water in every glass you drink. These systems fit to your tap so you can have filtered water on demand. A very economical version comes in the form of a refillable jug with a water filter in the jug itself.

Now that your water is filtered, are you drinking enough water? Virtually every single metabolic process in your body is pegged to the amount and flow of water inside your body. Being dehydrated can cause a variety of ailments so it is super important that your body is always adequately hydrated. You would be amazed at the list of health problems that come from a body that is dehydrated – asthma, arthritis, joint problems, digestion problems, vision problems, poor

energy, etc. The general rule is to do the following to get your daily requirement of water. Upon rising drink one glass of room temperature water. Twenty to thirty minutes prior to meals have a glass of water. This will dramatically improve your digestion as stomach acid and enzyme production virtually ceases in a dehydrated body. Then mid-morning, mid-afternoon and before bed have another glass of water. By doing this you will bring your daily total more in line with current guidelines of 6-8 glasses of water per day.

Food. A lot has changed in our food supply over the last hundred years. From what was a relatively toxin free high quality source we now have over 85,000 chemicals currently approved for use in food manufacturing. This is not only all the way from the soil, but also from the processing and manufacturing of the food by the big food companies. What we have largely ended up with is a whole bunch of 'non-foods' that are causing big problems to our overall health. There are some simple rules to stick to when you are sourcing quality foods.

Meats should be free range, grass fed, hormone and anti-biotic free. Oils and butters should be organic as they are concentrated food sources and breads the same and of a single grain source, not multi-grains. Foods that come prepackaged should also be avoided, as they are very high in salts and sugars. While we are on the topic of pre-packaged foods, never ever use a microwave either. So there you go. Put the above into effect in your life and feel and see the difference. Try and live by the rule if it wasn't here 10,000 years ago then don't go near it. I hope you enjoyed this article. Yours truly, Brent Daisley.

Coconut Oil Toothpaste

(doctorsaredangerous.com)

Sodium fluoride is alleged to protect our teeth, but it's actually a poisonous chemical that causes cancer, damages the nervous system, and even creates weak teeth and bones. Fluoride is common in rat poison, and the German Nazis added it to prisoners' water - because it's known to placate people and make them easier to control. If you haven't already done so, now is the time to dump your fluoride toothpaste.

Coconut oil is the perfect base for your natural homemade toothpaste, because it's powerful, natural antibacterial and antifungal - so it works to kill harmful bacteria in your mouth while you brush. Coconut oil is excellent for your gums, and brushing with it regularly can eliminate bleeding and sore gums. The oil kills the bacteria that are responsible for gingivitis - and, if you have gingivitis, we suggest you massage coconut oil into your gums regularly, in addition to using it in your toothpaste. Brushing your tongue with the oil helps with thrush, a fungal problem localized in the mouth, and coconut oil has been found to stop and even reverse some tooth decay.

Another key ingredient in homemade toothpastes is baking soda. (Sodium bicarbonate.) Baking soda is used for two reasons: First, it's a mild abrasive that provides a gentle cleansing. Second, it's alkaline, and can neutralize acids in your mouth that cause tooth decay. Baking soda also absorbs odours and helps produce sweet breath.

To make your own toothpaste, just use a fifty/fifty ratio of coconut oil to baking soda. Start with a small batch and use a few tablespoons of each. If you like, add a few drops of an edible essential oil - such as peppermint or spearmint - for flavour and a touch of stevia for sugar-free sweetness.

After mixing your toothpaste, keep it in a container with a lid. Then, spoon some out for use, or dip your dry toothbrush into it. The mixture doesn't need to be refrigerated, and because coconut oil is antibacterial, antiviral and antifungal, it'll help keep your toothbrush clean and sanitary too.

Coconut oil hardens at temperatures below 23°C, so you'll want to rinse with warm water to prevent the oil from hardening in your sink or drain.

Epsom Salts and How it can Benefit You

In this article we discuss how Epsom Salt can benefit you. We also discuss Epsom Salt & Autism. However, much of the info on Autism applies to other disorders also and even to those of us not affected, so it's certainly worth a read!

(www.blants.com.au)

Benefits:

- Flush toxins from the body
- Improves sleep and concentration
- Relieve pain and muscle cramps
- Helps joint proteins, bone tissue and mucus proteins
- Helps muscles and nerves function properly
- Eases stress
- Improves absorption of nutrients
- Regulates activity of 325 + enzymes
- Make insulin more effective
- Reduce inflammation to Improve oxygen use
- Helps prevent artery hardening and blood clots
- Helps relieve or ease migraine headaches

Sufficient Sulphur is essential to detox the body of toxins and waste. Low levels may lead to a 'backlog' of toxins, which in turn can affect our central nervous system. Most sulphur supplements are difficult for the body to absorb and therefore have minimal effect. However, *Epsom Salt* provides sulphates in a readily absorbable form to help the body rid itself of waste products and toxins by making them water soluble and therefore easily excreted.

Magnesium helps to regulate the activity of more than 325 enzymes, and performs a vital role in many bodily functions, from muscle control and electrical impulses to energy production and the elimination of harmful toxins. It improves nerve function by regulating electrolytes and is necessary to maintain proper calcium levels in the blood. Excess adrenaline and stress are believed to drain magnesium, a natural stress reliever, from the body. Magnesium is necessary for the body to bind adequate amounts of serotonin, a mood elevating chemical within the brains that creates a feeling of well being and relaxation.

As magnesium and sulphates are absorbed through the skin they intensify the biological process of detoxification and calm the nervous system. Many people find they have a very relaxed sleep as a result.

Some people who desire the wonderful therapeutic benefits from bathing in *Epsom Salt* but have a pre-existing skin conditions have reported Epsom Salt can make the skin feel too dry. Adding just a table-spoon of either olive or essential oil to the bath gives a wonderful silky, smooth feeling to the skin.

Epsom Salts and Autism

Sue Litchfield's Recipes

Below is an old recipe that belonged to my grandmother. This over the years was a family favourite. It was served diluted like a cordial with a sprig of mint added. By replacing the sugar with 750 grams of xylitol, it is suitable for us to drink. If not sweet enough, add a little more Xylitol.

Handy Lemon Syrup

Ingredients:

2ozs (56gms) Citric Acid
750gms Xylitol
1 teaspoon lemon Essence
1 quart - 2 pints boiling water

Method:

- Mix acid, sugar and essence. Pour over boiling water. Allow to cool,

Date Slice *(This a favourite at tennis)*

Ingredients:

Filling

500 gms dates
½ cup water
1 teaspoon Xylitol

Method:

- Place all ingredients in a saucepan slowly bring to the boil and cook till a pulp over a low heat and stir constantly. Cool

Base:

200 gms milk free shortening (I used Nuttelex brand)
½ cup Xylitol
2½ cups Rolled Oats
2 cups plain Wholemeal Flour
1 teaspoon Bi-Carb Soda
¾ cup warm water

Method:

- Preheat oven to moderate, and line a 28x18cms slab tin with baking paper.
- Mix well together the Xylitol and shortening.
- Add bi-carb, flour and oats.
- Finally add water, mixing well.
- Divide mixture into half.
- Spread one half over the base, pressing down firmly.
- Spread over the cooked date mixture.
- Sprinkle over the remains of the base mixture and gently spread out to form a topping.
- Bake in moderate oven for about 35 minutes, or until cooked and very pale brown.
- Cut into slices and serve either warm as a dessert, or cold as a slice

Date Loaf

Ingredients:

- 1 cup roughly chopped dates
- $\frac{3}{4}$ cup boiling water
- 2 lemon ginger tea bags
- $\frac{1}{2}$ cup chopped walnuts
- 50 gms melted butter
- $\frac{1}{4}$ teaspoon sweet leaf Stevia Extract
- $1\frac{1}{4}$ cups Self Raising flour

Method:

- Preheat oven to moderate and grease a 10x20cms loaf tin.
- Add tea bags to boiling water, allow this to sit for a few minutes, remove tea bags and reheat to boiling.
- Place dates, soda and butter into a mixing bowl.
- Pour over the boiling tea and allow to cool.
- Add walnuts and flour.
- Mix well and place in the greased loaf tin and bake for about 40 minutes. (Baking time will vary between ovens.)
- Serve cold, sliced and buttered - another favourite at tennis!

Note from the Editor

After Dr Donohoe's talk at the April meeting, I had a genetic test for the "MTHFR" gene and found that I was positive. I came down with chronic fatigue syndrome in 2001 after a bout of a flu-like virus. I found Dr Donohoe's "Gemini" description to fully explain the complexity of the illness. I am wondering if this MTHFR gene is rife within the hypoglycemic community, or in normal proportion in comparison to the population. In any case, I have found a good link on the website to a Dr Ben Lynch who has protocols set up for each variation of the MTHFR gene. I have also found some good vitamins that contain the "methyl" version of the vitamins B6, B9 (folate) and B12 - Thorne Research "MethylGuard Plus" and "Extra Nutrients III" for women and "AI's Formula" for men. I have purchased these from "iherb.com". If any members have been tested for this gene and they are positive I would appreciate your feedback.