

Hypo Health News

JUNE / JULY 2008

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- Letter from the President
- Letter from the Treasurer
- Newly prepared information paper on hypoglycemia prepared by Sue Ridge and Nicole Samra. A shortened version suitable for distribution has been prepared by Alex Rush and will be available shortly
- Dr Samra's presentation from the April 2008 meeting on "Top 10 Tips for Socialising"
- Useful recipes by Sue Litchfield
- Publicity to use for next meeting

Our next Public Meeting will be at
2pm
on **Saturday 2 August 2008**

at **YWCA** (Room tba)

5 – 11 Wentworth Ave, Sydney

Our guest speaker will be **Ian White**
speaking about



Healing with Australian Bush Flower Essences

specifically in relation to the treatment of hypoglycemia

Please ring Geoff on 02 9724 5317 to reserve your seat and assist with catering

The Hypoglycemic Health Association of Australia

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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 (<http://www.hypoglycemia.asn.au>)

LETTER FROM THE PRESIDENT, GEOFF GONINON

Recently we had a letter from a mother whose daughter had been transformed from an incurable disabled state to happy and running around the house. This change had been achieved by simply borrowing a copy of 'The Hypoglycemic Connection' (written by Dr Samra) and following the instructions regarding diet and eating times. The same family was helped by visiting www.hypoglycemia.asn.au.

How fortunate we are to have Ian White as our speaker at the next Hypoglycemic meeting on 2 August. Some years ago, I was having trouble seeing the electric cables outside our house. The eye specialist's diagnosis was that the membrane behind my lens was calcifying. After taking Ian White's Bush Flower Remedies, my eyesight soon improved and now I can read the smallest print and see the electric cables two blocks away without my glasses.

I encourage you to bring a friend to this meeting. Don't forget to ring me on 02 9724 5317 so I can arrange seating for your party. See also www.ausflowers.com.au.

Finally, the Australian Government 2020 Summit Report lists as aims (on pages 20 – 22) many of the principles and ideas being suggested by our Association, in the area of the National Health Strategy. We all need to point this out to our local Federal Member of Parliament.

Looking forward to seeing you at our next meeting, and don't forget to put the last meeting of the year in your diary, 6 December 2008. Speaker and topic will be announced in the next newsletter.

LETTER FROM THE TREASURER, SUE LITCHFIELD

I am so excited because the last meeting was a full house .It is great to see so many new faces and the return of many old (familiar) faces. The committee does put a lot of time and thought into the organisation of these meetings.

We are still getting a slow trickle of late renewals. It would be appreciated if everyone could renew their subscriptions at the beginning of the year.

I am heading overseas and will be home just in time for the next meeting with, hopefully, many a story to tell, as we are off to Latvia and Armenia just to be different. The language will be an interesting concept. It will also be very challenging trying to outsource food that is suitable. One thing I do know is that there are not a lot of fast food outlets eg McDonalds, KFC etc. My previous experience of the food in these countries is that they are very basic. All will be revealed.

The balance in our cheque account at this stage is still very healthy. Our cheque account has a balance of \$378.47 and our maxi account \$71276.83. This is mainly due to those who have so generously donated to HHAA. The committee will continue its policy of not charging an entrance fee to our meeting, although a donation to help cover the cost of the snacks we provide would be appreciated. Looking forward to seeing you all again at the next meeting which is shaping up to be a beauty!

Information Paper on HYPOGLYCEMIA

THE IMPORTANCE OF TIGHTLY REGULATING BLOOD SUGAR LEVELS

It is vitally important for the body to maintain blood sugar levels within a narrow range. If the blood sugar level falls too low, energy supply to all tissues, particularly the brain is impaired. If the blood sugar level is too high, this is damaging to arteries, the long term effect of which is heart attack and stroke. Eating excessive sugar at one meal or excessive refined carbohydrate (white bread, cakes, pasta, rice etc), which is rapidly digested into sugar, can suddenly overwhelm the body's normal control of blood sugar levels. The effect of this is further compounded if we do not exercise enough to burn off those "quick" calories. It is linked to insulin resistance, and can be a pre-cursor to diabetes.

WHAT DOES HYPOGLYCEMIA MEAN?

Hypoglycemia literally means "low blood sugar". A person who suffers from hypoglycemia may experience a high blood sugar "spike" after ingesting sugar or caffeine (or some prescription or illegal drugs), and then a subsequent "low" around two hours later (this time can vary from person to person). During the "low", the brain is not receiving enough energy to function correctly and this affects energy and mood (and leads to more serious long term problems such as anxiety, fatigue and depression). A key symptom of hypoglycemia is quite often disturbed sleep, typically occurring between 2am and 3am, when the blood sugar drops too low and the adrenal reaction to bring the blood sugar level back to normal causes the person to wake.

HOW IS HYPOGLYCEMIA DIAGNOSED?

Testing for hypoglycemia involves a four hour glucose tolerance test with blood sugar readings taken every half hour. This is used to determine up to 6 different types of hypoglycemia and is discussed in detail on the hypoglycemic website at www.hypoglycemia.asn.au. See also "The Hypoglycemic Connection II" by Dr George Samra (patron of the Hypoglycemia Association). This book is available at One Stop Allergies Kogarah NSW (Fax: 02 9588 5290).

SYMPTOMS OF HYPOGLYCEMIA

Some of the symptoms of hypoglycemia can include:

- Nervousness
- Irritability
- Exhaustion
- Faintness
- Dizziness, feeling "spaced out" or faint
- Tremors or feeling "shaky"
- Cold sweats
- Depression
- Migraine headaches
- Insomnia
- Digestive disturbances
- Forgetfulness
- Mood swings
- Anxiety
- Aggression
- Violence
- Anti-social behaviour
- Sugar addiction
- Epilepsy
- Convulsions
- Drug addiction and alcoholism
- Mental confusion
- Limited attention span
- Learning disability
- Lack of sex drive in women and men
- Lack of concentration
- Itching and crawling sensation on the skin
- Blurred vision
- Nightmares
- Phobias
- Fears
- Neurodermatitis
- Nervous breakdown
- "Foggy" brain (such as in chronic fatigue syndrome)
- Blurred vision
- Tinnitus (ringing in the ear)
- Suddenly feeling weak or lethargic
- Bedwetting and
- Hyperactivity (ADHD or ADD) in children

WHAT ELSE CAUSES HYPOGLYCEMIA SYMPTOMS?

Some people suffering from hypoglycemia may not experience very high or low blood sugar levels but still may have the symptoms of hypoglycemia after ingesting sugar. These people may have a thyroid problem (such as hypothyroidism) as the main cause of their hypoglycemia, or a metabolic disorder caused by a dysfunction in enzymes involved with glucose metabolism (usually as a result of abnormal zinc/copper levels -the ratio of these are important as higher than normal levels of either suppresses the other, and zinc is required as a coenzyme in the breakdown of glucose). In addition, any type of anaemia can mimic hypoglycemia.

HOW DOES STRESS AFFECT HYPOGLYCEMIA

Stress can also be a major factor in hypoglycemia. When a person becomes stressed, their body releases stress hormones to cope with the stress. Adrenaline is one such stress hormone and has the effect of rapidly raising

sugar in the blood stream. This triggers an insulin surge which in turn produces a drop in blood sugar levels and also causes hypoglycemia, explaining why we often "fall in a heap" after a stressful situation. Hypoglycemia can therefore be both a cause of stress and the result of stress, and this vicious circle explains why stress can be so damaging to our bodies in the long term.

THE LINK BETWEEN HYPOGLYCEMIA AND OTHER HEALTH CONDITIONS

Hypoglycemia is also a precursor to diabetes and some mental illnesses, and may be responsible for low energy periods during the day (as are food allergies and intolerances/sensitivities). Food allergies or sensitivities and candidiasis (thrush, tinea etc) are often associated with hypoglycemia.

HOW IS HYPOGLYCEMIA TREATED

Treatment for hypoglycemia is to avoid all foods containing sugar and also refined carbohydrate. It can take several weeks or months for the body to regain control of blood sugar while on the correct diet and there could be some withdrawal symptoms (possibly fatigue, depression and a worsening of the hypoglycemic symptoms) for several weeks, similar to what a smoker or alcoholic suffers when they quit their habits.

HYPOGLYCEMIA DIET RULES

The hypoglycemic diet is similar to the diabetic diet. The main rules are:

- Eat a large high protein breakfast, preferably containing some form of meat (chicken or fish is the best);
- Eat a low GI snack every two - two and a half hours (you need to determine which is the best frequency for you although generally two and a half hours is the maximum);
- **NO SUGAR.** Avoid refined carbohydrates such as white bread and rice, cakes, sugary biscuits and drinks (soft drinks, cordials and some fruit juices). Avoid sugary fruits initially including melons, dates and bananas, and also honey. Limit consumption of potato, pumpkin and sweet potato as these can substantially affect blood sugar levels;
- Avoid coffee, strong tea and nicotine;
- Avoid alcohol, most of which is high in sugar. The lower sugar alternatives include vodka and scotch which, when consumed **moderately**, are less likely to affect your blood sugar. If you are drinking alcohol, you should also be eating low GI snacks to buffer the effects.

WHAT ARE THE BEST FOODS FOR PEOPLE WITH HYPOGLYCEMIA?

- Fruit
(no more than 2 pieces per day, consumed with other low GI food such as protein, due to the fructose content – not to be consumed on its own);
- Vegetables
(as many as you want, although potatoes, sweet potato and pumpkin should be eaten sparingly);
- Meats and eggs;
- Nuts and seeds
(preferably raw and unsalted. These are not sufficient as a meal on their own);
- Low GI breads and cereals;
- Dairy products such as milk, cheese, yoghurt and butter
(providing you are not allergic to them. If you are, try sheep, goat, soy, rice, almond, hazelnut or quinoa milks as an alternative);
- Brown rice cakes, basmati or wholegrain brown rice; and
- Margarine containing non-hydrogenated fats (better for your cholesterol!) and other good oils (raw, not used for cooking, preferably cold pressed).

DIETARY SUPPLEMENTS RECOMMENDED FOR HYPOGLYCEMIA

Most people with hypoglycemia will require some vitamin supplementation initially and should include a multi-B complex, chromium (to assist with food cravings), zinc and vitamin C. If withdrawal symptoms from the high sugar diet are unpleasant, 2 teaspoons of glycerine, mixed in a glass of milk or mixed with water and a dash of lemon juice can be taken three times a day until the symptoms have passed. Glycerin is a vegetable extract which does not affect insulin levels or the pancreas, and provides a fast supply of energy for the brain. Note: Glycerol is the same as glycerine.

RELATIONSHIP BETWEEN HYPOGLYCEMIA AND FOOD ALLERGIES

Allergies, including food allergies, food intolerances and food sensitivities, can be closely related to hypoglycemia due to the effect they can have on blood sugar, vitamin and mineral levels. For this purpose we

will put them under the one “umbrella” and call them food allergies, even though they may not be, in the true sense, an allergy (which may result in the constriction of airways or anaphylactic shock).

EFFECTS OF FOOD ALLERGIES

Food allergies can cause a great variety of symptoms including major vitamin and mineral deficiencies, including osteoporosis. An example of this is **coeliac disease** which may affect about one percent of the general population. Coeliac disease is an **allergy to the gluten protein in wheat, oats, barley, rye, triticale, spelt etc.** Many manufactured foods also contain wheat starch and further information can be obtained from your state coeliac society. Coeliac disease has been linked to many auto-immune diseases and there is a much higher rate of coeliac disease in the diabetic community. The NSW Coeliac Society can be contacted by email at nsw@coeliacsociety.com.au, by viewing their website at nsw.coeliacsociety.com.au, or by phoning (02) 9487 5088.

Food allergies can also result in arthritis, rheumatism, eczema, skin conditions, itch, irritable bowel, colitis, asthma and other airways diseases, headaches and migraines, depression and fatigue, cancer, bladder problems, recurrent cystitis and bedwetting, hypertension (high blood pressure), multiple sclerosis, Parkinson's disease and nerve tissue damage.

WHAT FOODS TRIGGER ALLERGIES?

Many foods may trigger the above symptoms. Research has revealed the most common allergies found to date are **dairy products, yeast and gluten**. In addition to these common allergens, things like peanuts, chocolate, eggs, soy and potato are most commonly associated with **eczema**. **Asthma** is most likely caused by an allergy to dust and dust mites, and also dairy products, beef and veal.

Migraines and headaches are mostly caused by chocolate and cola drinks, oranges and other citrus fruits, peanuts and peanut paste, green beans and peas, dairy products and food additive MSG (code 621) - and also dehydration (particularly on a hot day where not enough water has been consumed to replace the fluid loss). **Fructose malabsorption** (the natural sugar in fruit) has recently been found to cause zinc and iron deficiencies in some people. And let's not forget that there are many **food additives, colourings and preservatives** that can cause all sorts of gut and brain symptoms.

HOW ARE FOOD ALLERGIES DIAGNOSED?

There are many ways to determine food allergies, and some of these are not 100% reliable. The best way is to undertake an “elimination diet” over a two week period. Dr. Samra's book, 'The Allergy Connection', describes the Baseline Diet, consisting of specially chosen low-allergy foods that are least likely to cause an allergic response. The usual protocol is to only eat foods included in the Baseline diet for two weeks, and after the two week Baseline diet, foods are gradually re-introduced to the diet one at a time. Any symptom, such as wind, bloating, pain, nausea or headache is recorded for the new food, and this food needs to be withdrawn from the diet. Foods that do not cause problems can remain in the diet.

When adding foods back into the diet, add grains (including cereals) last. You should undertake this diet with the help of an experienced nutritionist or specialist nutritional doctor. In some cases, adding digestive enzymes, or reducing consumption of questionable foods to once every four or five days, may help eliminate the problem if the foods only cause problems due to excessive consumption. ***This is not the case for any really allergic symptoms such as peanut allergies which can be fatal. Also, if you have coeliac disease, and you consume bread every four days, the damage caused to the small intestine will not heal, so it is important to distinguish coeliac disease from an intolerance to gluten.***

Cytotoxic food allergy testing is most useful for diagnosing food allergies. However, an experienced kinesiologist can test individual foods allergies by using muscle testing. When the food is placed on the body or in the mouth, the muscle being tested will go weak if there is a food allergy present. This may also be a good way to test for allergies if the person does not want to do the elimination diet, or undergo blood tests. Skin prick tests can be unreliable in determining food allergies and are better at testing airborne allergens.

WHERE CAN I GET FURTHER INFORMATION ON FOOD ALLERGIES?

Food allergies, and diseases caused by food allergies, are discussed in detail in Dr. George Samra's book "The Allergy Connection, Featuring the Food and Disease Paradigm". This book is available at One Stop Allergies PO Box 394 Kogarah NSW 2217 (Fax: 02 9588 5290).

(This article was prepared by Susan Ridge and Nicole Samra using information from Dr Samra's food allergy and hypoglycemic books, and also from an article published on the website of Dr Sarah Myhill of the United Kingdom - www.myhill.co.uk).

DR SAMRA'S TOP 10 TIPS FOR SOCIALISING

Dr Samra was the guest speaker at the April 2008 Hypoglycemic meeting and spoke about how you can successfully balance your hypo needs with an active social life. His top 10 tips are:

1. Be protein greedy when socializing
2. Try training 3 or 4 local restaurants – Thai and Chinese (soy sauce only), Steakhouse and Italian (high protein, no sauces/gravy)
3. Repeat any successful meals
4. Try to build up to 2 to 4 successful meals at each restaurant for your own variety
5. Take friends to your trained restaurants before taking your new girlfriend
6. Takeaways/quick meals available to the hypoglycemic include:
 - o BBQ chicken with no stuffing (1/4 if out for one meal, 1/2 if out for the day)
 - o Steak sandwich with no sauce or bread,
 - o Sushi with fish, meat or prawn filling (max 2 per week), and
 - o Wraps eg chicken and avocado
7. For the wedding, the date or the party eat either a good protein meal before you leave home or buy a 1/4 chook on the way
8. For school/uni/work days, prepare food at home to tide you through the day (eg, 1/2 sandwich, chicken pieces, rissoles, slices, quiches, eggs)
9. A steel one litre thermos can hold three meals. Fill with mince/rice/noodles/diced vegetables, soup, or decaf milk coffee with boiled milk, not water
10. Always plan ahead – ring the restaurant and advise them of your sugar and other allergies. Eat some food before departing and take some food with you just in case.

But wait, there's more.....

His suggestions to take **when you travel** include:

- Rice thins
- Nut pastes
- Low joule jams
- Ring-pull cans of tuna, salmon etc
- 12-pack Smiths Crisps or 12-pack plain corn chips
- Special long life milks
- Glad press-seal lunch bags

For those who like to partake in a bit of merry-making which requires some **alcoholic beverages**:

- Limit alcohol to two or three standard serves
- Wines – prefer dry whites eg Chardonnay, Sav Blanc or Houghtons White Burgundy
- Beer – Carlton Pure Blonde, Toohey's Maxim
- Spirits – Scotch, vodka, brandy with ice, water or diet drinks such as Zero Sprite or Diet Coke

What about if you are low on energy? His tips include:

- Follow hypo diet rules
- Supplement Vitamin B complex (Tresos B) plus Zinc 25mg per day
- Glycerine / Citrate eg Citracal, 2 per day
- Co Enzyme Q10 – 50mg twice daily
- Berocca Performance taken in the morning
- D-Ribose powder
- Evening Primrose Oil

Dr Samra is a medical graduate of Sydney University, Australia. He also holds a Fellowship with the Australasian College of Nutritional and Environmental Medicine (ACNEM). He has written up-to-date books on hypoglycemia and food allergies, and has successfully treated thousands of patients with his sensible and simple approach to diet. He is currently a medical practitioner at Total Therapies Medical Centre in Kogarah NSW (Phone: 02 9553 0084, Fax: 02 9588 5290).

Sue Litchfield has kindly provided the following recipes:

MARILYN'S RISSOLES

(This recipe was inspired by Yohanni Johns' Indonesian cookbook- I changed some ingredients and simplified the method. The use of the microwave ensures that the rissoles are cooked right through).

Ingredients

- 1 packet of best quality beef mince (low fat), about 700grams.
- ½ kumara, grated
- 1 medium carrot, grated
- Some celery, thin bits near the leaves, finely chopped
- 3 garlic cloves, crushed, chopped
- Fresh ginger, about ¼ knob of ginger
- 4 eschallots (or 1 medium onion)
- 1 shallot, chopped finely
- 2 eggs (or 1 egg plus the white of another egg)
- 3 dessertspoons rice flour
- Salt to taste,
- Pepper to taste
- 1&1/2 teaspoons chilli powder
- ¾ teaspoons garam marsala powder
- Flat leafed parsley, chopped, to taste (optional)
- (I omitted the chopped yellow capsicum, but you can add 2 teaspoons if you like)
- Olive oil (cold pressed) for frying

Method

- Put everything into a mixer bowl, put on the guard to stop it flying everywhere, turn up the power to 4/10, until everything looks mixed. Handle the mixture, consider if it seems just right, not too much liquid, not too dry. If either, add more rice flour or a little bit of sauce, eg tomato or Worcestershire sauce or BBQ sauce.
- Put some rice flour on to a big plate, spread it out so it becomes a layer of flour.
- Using both hands, form about 1 tablespoon of meat mixture into a ball then roll around the palms of your hands to perfect the shape. Then roll the ball in the flour. (Another way is to drop 1 or 2 balls of the mixture into a plastic bag containing the rice flour).
- Flatten the balls slightly, put on a clean plate or into a bowl, put the balls into the fridge if you are not going to cook them straight away. If you are going to cook them now, continue:
- Heat up the oil, just enough to cover the bottom of a large frying pan, plus a little extra.
- Wait until you see the oil move. It takes longer to heat this oil than other types of oil.
- Have a plate of kitchen paper nearby to rest the cooked rissoles on to drain them of oil. Add enough balls of meat mixture to cover the bottom of the pan, wait a bit until the side cooking is browned, turn over to brown the remaining side.
- When you have fried the balls, you can place each plate of kitchen paper and rissoles (makes about 20 balls, enough for 2 big plates) into the microwave and cook on medium heat for 2 minutes.
- Remove the rissoles, transfer to a casserole which has a lid. Discard the kitchen paper.

Hints and Results

- Do the cooking the night before you need them. Perhaps you can ask someone to help you with the grating or the frying if you're rolling out the meat mixture into balls as that is the time consuming bit.
- Now you can try the fresh rissoles, or put in the fridge. First thing in the morning you can raid your supply! No work, just eat cold or else reheat for 50 seconds on medium heat and then with a knife, pull apart and wrap in mountain bread. This goes well with gingko (= herbal) tea. Your mood and energy diary will show your initial readings and by mid morning you will notice an improvement in both readings.

"CHOC" SLICE

Ingredients

- 4 cups rice bubbles
- 260 gr NAS carob buttons (I use ½ Soya Nas and ½ Carob Nas)
- 1/8 -1/8 stevia
- 120 gr buter
- 30 gr copha
- 50 gr Rice Syrup
- 1 cup raisins (op)

Method

- Whiz Rice bubbles in food processor till like very rough crumbs
- Place in a large mixing bowl add raisins and stevia. Mix well
- Melt butter rice syrup and copha over a very low heat allow to cool slightly.
- Melt Carob buttons in microwave and when cooled slightly add too butter mixture
- Place in a paper lined 20x30 cm lamington tin
- Allow to set before cutting into squares
- These will freeze well

CRAISIN CARROT CAKE

Ingredients

- 1 cup blanched almonds (Macadamia nuts can be used as a substitute if you're allergic to almonds)
- 300 grams firm silken tofu
- ¼ teaspoons Stevia - use less for a less sweet cake
- 2 teaspoons cinnamon
- 1 teaspoons vanilla
- 2 eggs
- 2 cups grated carrot
- ¾ cup craisins
- ½ cup chopped walnuts or Pecan nuts
- ½ cup soya milk powder or milk powder of choice
- ½ cup plain gluten free flour
- 2 teaspoons baking powder

Method

- Pre heat oven to 180C. Less if using a convection oven
- Process or grind almonds until very fine or use 1 and 1/2 cups ground almonds
- In a mixing bowl combine almonds, tofu, stevia, cinnamon, vanilla and eggs. Beat until smooth and creamy. With a spoon mix in grated carrot craisins and walnuts
- Mix milk powder, flour and baking powder and add to carrot mixture
- Place in greased mini cake pans and bake for 40-50 minutes

Due to popular demand, Sue Litchfield has reprinted the cream recipe:

THICK SWEET CREAM (Makes 2 ½ cups)

Ingredients

- 1 cup soymilk
- 350g tofu
- 2 tablespoons rice syrup, fructose or Pear concentrate (Sue uses pear concentrate)

Method

Combine all ingredients in a blender and puree until smooth. Serve over desserts, salads, cooked vegetables.

The below release is designed to publicise the April meeting. Please feel free to distribute this as widely as possible.

**Hypoglycemic Health Association of Australia
Notice of next meeting – 2 August 2008
Ian White Bush Flower Remedies**

The Hypoglycemic Health Association of Australia is a non-profit charitable organisation, providing information to its members on hypoglycemia and other nutritional disorders since 1985.

On the first Saturday of every April, August and December, the Association holds a public meeting at the YWCA in Sydney. We're very pleased to announce that the next meeting will be held on Saturday 2 August 2008 and will feature a presentation by Ian White, creator of '*Ian White's Bush Flower Remedies*'.

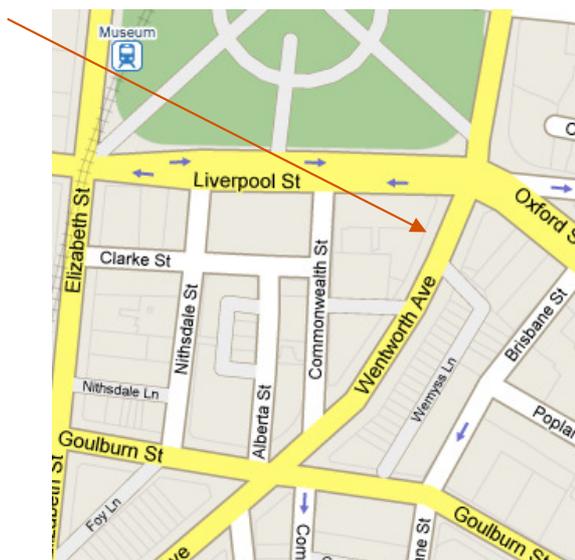
Ian White will present on healing using the Australian Bush Flower Essences, specifically dealing with the topic of hypoglycemia. Although flower remedies are not new, this meeting is a great opportunity to hear how we can improve our health from a world renowned speaker.

All are welcome, but in the interests of seating and catering, please contact Geoff Goninon (geoffgoninon@optusnet.com.au or 9724 5317) if you plan to attend.

Further information on hypoglycemia is available as an attachment to this page, and via the Hypoglycemic Health Association of Australia web site (<http://www.hypoglycemia.asn.au>).

Meeting details:

2 August 2008
YWCA, 5-11 Wentworth Ave, Sydney
2-4pm



**Ian White B.Sc.,N.D.,D.B.M
Founder of the Australian
Bush Flower Essences**

