



Hypoglycemic Health Association of Australia

working to prevent diabetes

HYPONEWS

April 2013 (Volume 29 No.1)

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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.*

In this Issue:

- Treasurer's Report
- Report by Bev Cook
- How Leaky Gut can cause Multiple Food Allergies and its Treatment by Dr G Samra
- Sue Litchfield's Recipes
- Why You Should Start Oil Pulling Today By Morgan Potts
- Financial Statements
- Updated Hypoglycemic Information Paper

Our next Public Meeting and AGM will be at

2pm on Saturday 6 April 2013

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

Our guest speaker will be Claire Reilly who will be speaking about:

"Living and working with Hypoglycemia: A young person's perspective"

The AGM will commence at 1.15pm.

PATRONS

- Dr George Samra
- Steve McNaughton BE (NSW)

PRESIDENT

- Dr George Samra

SECRETARY

- John P Natoli

TREASURER

- Crystal Griffiths
- Sue Litchfield (retiring)

AUDITOR

- Michael Pendlebury (Chartered Acc't)

INTERNET

- Amitee Goulton

PUBLICITY

- vacant

NEWSLETTER EDITOR

- Susan Ridge

- **Can you please *RSVP to Kerrie or Linda 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.**

- **Don't forget to put the next meeting of the year in your diary: Saturday, 3 August 2013 – 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.

Claire Reilly

Claire Reilly lives in Sydney and works as the Deputy Editor of a retail industry technology magazine. She was diagnosed with Hypoglycemia when she was 8 years old, and since then has been slowly learning about the affects of the condition and the importance of a healthy diet and lifestyle. While avoiding sugar as a child was particularly difficult (especially with a sweet tooth), she has learnt a lot about dealing with hypoglycemia while studying, working, exercising, performing and enjoying all the parts of a young socially active life.

Claire will speak about how to manage blood sugar on a day-to-day basis, especially when the pressures of work get in the way, and why living with Hypoglycemia doesn't mean resigning yourself to a life of "boring food."

Treasurers Report

By Crystal Griffiths

If you have not yet renewed your subscriptions, or for those who cannot remember if they have or not, please contact Crystal by emailing: "grooverc@hotmail.com" or phoning her on 0413 625 748.

PLEASE NOTE JOINING FEE WAVERED - For a limited time, the joining fee has been waived thanks to the generosity of a long standing member, who has offered to pay the joining fee for all new members (the yearly rates of \$22.00 for full members and \$16.50 for pensioners still remains). This is a very generous gesture and one that can be taken advantage of whilst the offer is available. However the annual membership fees will remain as is. Many thanks to our mystery member from all of us in the association.

Birthday Wishes

Happy 60th Birthday to Dr George Samra for the 1st March. We are all grateful to you for helping us to achieve good health and for unlocking the mystery of hypoglycemia.

Life membership

The Committee has decided to reward Robert Bates with a life membership. Robert has been a member for a number of years, barely missing a meeting. Over the years he has always been the first to buy any raffle tickets going, not to mention he has always been very generous with donations. He has been a rock to the association. I wish we had more like him. Thank you Robert and congratulations.

A New Baby

Congratulations to Amitee Goulton who gave birth to a beautiful bouncy daughter Megan Elizabeth on 9th February. Both mother and daughter are doing well, and Ash is a very proud elder sister.

Report by Bev Cook (from Newcastle)

Once again it has been a very busy year here in the Newcastle area. The new purchases for the local branch and the petrol allowance, all from the Government grant, have proven much needed and put to good use. The distribution of the attractive and informative new pamphlets was received well, far and wide to some 30 chemists and health food stores from Tuggerah to Cessnock, including Newcastle and suburbs. Over 2,000 pamphlets were distributed.

As a result of that effort, being the contact person for the HHAA in this area, I was invited to be interviewed by Radio 2NUR, who were running a program from ChemistWorks in Glendale shopping centre. The program was supporting Awareness Week for Diabetes, and was a live broadcast. The interviewer was very good, using the pamphlet as a guide for the interview. That took place in the second week of July.

Next followed the preparation for Dr Samra's visit to speak at our Newcastle Branch meeting on 22nd September. The advertising in the media, the press, local radio and TV stations, also about 25 libraries had to be submitted at least 4 weeks prior to the meeting date. That being done, notices of the meeting are then sent out by email and/or post to individual interested bodies. Quite a number of local businesses are kind enough to display the meeting notices, which is much appreciated.

It was a really good day, weatherwise, for the local meeting. Dr. Samra had quite a delay getting through Sydney as it was school holidays and, of course, the traffic was down to a crawl. We were so relieved that he made the trip safely. Dr. Samra's topic was "Preventing Diabetes...New Tools".

Everyone there, a really good number filling the room, was given the new pamphlets and the new Hypoglycemia Questionnaire as Dr. Samra explained the use of them, encouraging one and all to 'spread the word', as the aim is to prevent diabetes by identifying and controlling hypoglycemia, with the guidance of how to do that printed on the back of the questionnaire. We certainly appreciate having the 'new tools'! All thanks to Dr. Samra, Sue Litchfield and her team of supporters, also Kerrie and Linda.

We had a special treat when Rose Wayland introduced us all to a wonderful botanical, organic skin care program from a company called Arbonne. As Rose enlightened us about the virtues of the products, she also explained it is important what we put on our skin as it is absorbed into our body, so we need the best.

Alan Malouf, Compounding Chemist from Hamilton also spoke at the meeting with information about a weight loss program which is helping people to reach their goals and feel better, which is important in preventing diabetes. Everyone enjoyed the meeting and had a host of questions, varied and interesting, for Dr. Samra in 'question time'.

We had some free samples sent to us for the meeting, Slim Pasta, and Noodles, 4 items in their range, now available at the Supermarkets. The pasta is gluten free and precooked, very handy to have for busy times! Also Sugerless Company sent samples of their range of chocolates, which we enjoyed and are available from chemists and healthfood stores. Naturally Sweet sent some information re their sugar free sweets, and range of sweeteners, ie. stevia and xylitol. It is great to have enjoyable alternatives.

There are some willing volunteers that must be given due gratitude, Graham Hughes and wife Linda who look after the sound providing some lovely music before and after the meeting, also taking pictures on the day. Pat Byfield and Amanda Hulscamp who helped out with afternoon teas, and of course Wally my husband who is such a good 'back stop' helping with just everything. Thank you all for your wonderful support, much appreciated.

Wishing everyone good health and happiness while preventing diabetes. Cheers, Bev Cook, contact person for Newcastle.

Don't Forget our Special Member Discounts:

Members can obtain discounts on the following grocery items as follows:

- **Stevia** - Members can receive a 15% discount for Stevia, Xylitol and other products on all orders over \$50.00. The discount applies over and above all discounts advertised on the following web page:

<http://www.naturallysweet.com.au/our-products/xylitol/>

At the checkout, make sure the discount code below is added:

Discount Code HC15D

- **Pure Harvest Products** - Members receive 5% discount on all wholesale prices via the following website:

<http://gungurru.com.au/>

You will need to set up an individual account and use the login password "Hypo".

HOW 'LEAKY GUT' CAN CAUSE MULTIPLE FOOD ALLERGIES AND ITS TREATMENT

TALK BY DR GEORGE SAMRA 1/12/2012

THE FACTS ABOUT LEAKY GUT SYNDROME

Leaky Gut Syndrome is a condition that is thought to result from deterioration of the bowel, intestine or gut lining. This **increased permeability of the gut or intestine** allows bacteria, toxins and food to leak into the bloodstream via the cells of the gut lining. The *leaky gut* then allows substances such as toxins, microbes, undigested food, waste, or larger than normal macromolecules to leak through an abnormally permeable gut wall.

Professor Ian Brighthope, past president of the Australian College of Nutritional and Environmental Medicine, says: *"Leaky gut is the result of the breakdown of the integrity of the lining of the stomach and intestine. As a result of the breakdown, valuable nutrients and other components of the blood may be lost into the bowel and evacuated. More importantly, the leaky gut may allow undigested proteins, toxins, heavy metals and micro organisms to cross from inside the gut to inside the body."* Clinical diagnostic tests can actually measure permeability of the gut wall. Lactulose and Mannitol have been used to measure intestinal permeability by looking at urinary recovery.

Symptoms of Leaky Gut Syndrome There are a range of potential symptoms of Leaky Gut Syndrome, which include: abdominal pain, heartburn, eczema, insomnia, fatigue, bloat, stress, anxiety, irritability, food intolerances, malnutrition and muscle cramps. It has also been linked with patients that suffer from Crohn's disease, Colitis and Coeliac Disease..

Early Reaction

Incompletely digested particles are targeted by antibodies, forming immune complexes which cause a semi-infectious state and can be carried by the bloodstream to distant sites where they may stimulate the release of *cytokines*. Low grade fever, transient gut pain, and a sense of inability to absorb nutrients are some reported symptoms in otherwise undiagnosed patients.

Late Reaction

Peptide absorption chains over 10 Amino Acids trigger antibody reactions. Food specific antibodies becomes Food Allergy. Multiple food specific antibodies becomes Multiple Food Sensitivity.

Causes of Leaky Gut Syndrome

The following factors may be involved in the onset of Leaky Gut Syndrome:

1. Normal state in *infants under 6 weeks old*
2. Gut infections:
 - a. Viral eg CMV, EBV, Hep A
 - b. Bacterial eg Giardia, Salmonella, Clostridia etc
 - c. Parasitic Gut Infestations
 - d. Fungal eg Candidiasis
3. Chemotherapy
4. Drug-Induced eg Antibiotic Dysbiosis, Aspirin and other anti-inflammatory drugs
5. Gastric (stomach) hyperacidity, with excessive acid damaging the absorptive lining of the small intestine.

Resolving Leaky Gut Syndrome Leaky Gut Syndrome is primarily treated with diet, Anti-Fungal treatments, milk, yeast, gluten free diets, antioxidants and probiotics. An awareness of an individual's specific food sensitivities – particularly to wheat, gluten, dairy and alcohol – need to be examined and diet altered accordingly. Resolving Leaky Gut Syndrome can often result in one feeling less stressed, which often results in sufferers sleeping better, feeling calmer and enjoying enhanced energy levels.

MULTIPLE FOOD INTOLERANCE

Symptoms

The symptoms of food intolerance are focused often on the gut but may also affect other organs of the body. Local manifestations of abnormal fermentation in the gut include rumblings, wind, bloating, abdominal hypersensitivity and pain, as well as recurrent diarrhoea or constipation. Nausea is common, often at meal times. Symptoms beyond the gut often include general malaise, headaches, tiredness and inability to concentrate. Mood swings, sleep disturbances, and food cravings or food aversions are common, and sufferers may become intensely sensitive to smells such as petrol, perfumes and paints – this is called PetroChemical Sensitivity. Aching joints, skin rashes and an irritable bladder are not unusual.

Reducing Bacterial Activity

Antibiotics Antibiotics attack both good and bad bacteria in the bowel. Whilst they can certainly produce transient benefit, improving symptoms and food tolerance, the long-term effect is often more damage to the gut flora, resulting in increased problems. Antibiotics must be used with care and discretion. Gut useful prescribed antibiotics include Flagyl, Fasigyn, Vancomycin and Nystatin. These may be necessary to restore balance to the gut flora.

Probiotics The term probiotic refers to living beneficial bacteria which contribute to the health and balance of the intestinal tract. There are many probiotic products available today but generally it is those containing significant numbers of friendly organisms which are most

useful in helping to relieve symptoms. The basic requirements for a suitable probiotic supplement are as follows:

- They contain a large number (over 10 million) of viable friendly organisms. These bacteria are counted as colony forming units (CFUs).
- They must contain only bacterial species and strains for which there is scientific evidence of health benefit. Many strains of lactobacilli, for example, fulfil this criterion. These include L. rhamnosus GG, L. plantarum, L. salivarius, L. reuteri, L. acidophilus and L. casei Shirota.
- Organisms should be able to withstand the stomach acid, digestive enzymes and bile salts and to colonise the gut at least temporarily.

Use a mixture of species and strains to improve the gut flora variety.

Bowel washouts It is possible temporarily to reduce the number of bacteria in the bowel by washouts known as colonic lavage. However, colonic lavage is less effective in emptying the bowel than is a vigorous purge using bowel surgery preps. Emptying the bowel this way is more energy depleting and time consuming than colonic irrigation. Approximately 12 hours are required for bowel cleansing drugs to take effect and empty the bowel.

Malabsorption – Pancreatic Enzymes As food intolerance is caused by leaky gut, absorption of not fully digested proteins and food particles, it makes sense to see if such residues can be reduced. These digestive enzymes can come from plants such as Papaine (from paw paw) or from animals usually desiccated pig pancreas.

Supplements - The use of vitamin and mineral supplements. These may be helpful as with leaky gut malabsorption of essential vitamins and minerals accompanies the absorption of incompletely digested food units.

TREATMENT OF MULTIPLE FOOD SENSITIVITIES

1. FIX LEAKY GUT

- (a) Restore Gut Flora Balance

ANTIFUNGALS

- Nystatin, Amphotericin-B, Fluconazole to kill off yeasts including Candida and so lower the **bowel yeast toxic load**

ANTIBIOTICS

Flagyl, Fasigyn, Vancomycin to kill off Gram Negative germs including:

- Clostridia
- Giardia
- Salmonella, etc

ANTIPARASITIC treatments

PROBIOTICS – Acidophilus, Lactobacillus, etc

PREBIOTICS – Colloidal Silver, Slippery Elm, Fibre foods such as psyllium, senna

NUTRIENTS – High Dose Vitamin C, Minerals eg Ca Replacement if avoiding dairy, Other Vitamins

MEDICATION REVIEW – Avoid Aspirin, Anti-Inflammatory medications, Steroids and trigger Antibiotics

MEDICATION SUPPLEMENTATION – Acid Inhibitors such as Nexium, Losec or Zantac, Peristalsis restoration such as Motilium, Antihistamines such as Telfast, Claratyne and Zyrtec

2. AVOID FOOD ALLERGIES AND SENSITIVITIES

- A) Allergy Testing eg Cytotoxic Testing, IgA Food Testing
- B) Food and Symptom Profiling – Read “The Allergy Connection” by Dr George Samra
- C) Avoid Major Foods
 - 1) Milk and Beef (and Veal)
 - 2) Gluten
 - 3) Yeasted Foods
- D) With severe and/or multiple food sensitivities – Low Allergy Diet eg Baseline Diet – Read “The Allergy Connection” by Dr George Samra

3. CHANGING A FAULTY IMMUNE SYSTEM

3 pill TRIAD – for 18 to 24 months. This is an attempt to forge a permanent repair to one’s Immune System in relation to leaky gut syndrome.

- a) NON SEDATIVE ANTHISTAMINE
eg Telfast, Claratyne or Zyrtec – 1 daily
- b) PROTON PUMP INHIBITORS (anti-acidity)
Eg Pariet*, Nexium*, Somac, Telfast, Zantac
- c) IMMUNE MODULATION
 - *Singulair 10 mg – 1 daily
 - *Intal Powder Orally
 - *Imuran

* Requires Doctor’s Prescription

Sue Litchfield's Recipes

My Chocolate Recipe (This maybe handy with Easter coming up)

Ingredients

- ½ cup Xylitol icing sugar
- 1 cup skim milk powder
- 3 very slightly rounded tabs of carob or cocoa powder
- 1 x 250gm block copha melted and cooled to lukewarm
- 1 teaspoon vanilla

Method

- Combine dry ingredients, mixing well.
- Add the copha plus the vanilla
- Any of the following maybe added: 1 small cup coconut, ½ cup crushed nuts, raisins, plain nuts or dried fruit - use your imagination
- Place into moulds and set

Muesli Bars

Ingredients

- ¾ cup dessicated coconut
- 2 tbsps Goji berries (optional)
- ½ cup sesame seeds
- ¾ cup sunflower kernels
- ½ cup pepitas
- 2 tablespoons of white chia seeds
- 2 teaspoons of vanilla essence
- Good pinch of salt
- ¼ - ½ teaspoon of Stevia
- 3 tablespoons butter
- 4 tablespoons Rice Malt Syrup

Method

- Preheat oven to 150 C
- Grease a lamington tin
- Mix all the dry ingredients in a bowl
- Place rice syrup and butter in a small saucepan over a low heat till melted
- Add to dry ingredients and mix well
- Place into a lamington tin and press well
- Bake for about 10 minutes or till brown on the top.
- Cool and cut into bars. Keep in the fridge.

Apricot Amaretti Biscuits

Ingredients

- 300g ground almonds
- 200g Naturally Sweet Xylitol
- 100g cornflour
- 6 tsp almond extract (not artificial almond flavour)

- 4 organic, free range eggs
- 1 can of apricot halves in unsweetened fruit juice (or fresh apricots in season), drained
- 3 good handfuls of flaked almonds

Method

- Preheat oven to 180°C and line a baking tray.
- Combine the ground almonds, xylitol, cornflour, almond extract and eggs and mix thoroughly until smooth.
- Spoon into a lined baking tray and smooth out.
- Lightly press the apricot halves evenly into the base then sprinkle the flaked almonds on top.
- Bake for around 20-25 minutes, until the top is light golden (check after 20 minutes).

Gluten and Egg-Free Chicken Parmigiana**Ingredients**

- ½ cup olive oil
- 3 garlic cloves, crushed
- 1kg vine-ripened tomatoes, chopped
- ¾ cup fresh basil leaves, chopped
- 6 slices (250g) gluten-free bread, torn
- ½ cup gluten-free plain flour
- ½ cup plain yoghurt of choice
- 4 (500g) chicken schnitzels (uncrumbed)
- 100g mozzarella cheese (If intolerant to milk use Buffalo), grated baby spinach, to serve

Method

- Heat 2 tablespoons oil in a non-stick frying pan over medium-high heat. Add two-thirds garlic. Cook for 30 seconds or until fragrant. Increase heat to high. Add tomato. Season with salt and pepper.
- Cook, stirring occasionally, for 5 minutes or until tomatoes have just collapsed. Stir in 1/2 cup basil.
- Meanwhile, process bread and 2 tablespoons flour until fine crumbs form. Add remaining basil.
- Process until finely chopped. Transfer mixture to a large plate.
- Place remaining flour on a plate. Season with salt and pepper.
- Whisk yoghurt, remaining garlic and 2 tablespoons cold water together in a shallow bowl.
- Coat 1 schnitzel lightly in flour, shaking off excess. Dip in yoghurt mixture, shaking off excess.
- Coat in bread mixture. Place on a plate. Repeat with remaining schnitzels, flour, yoghurt mixture and bread mixture.
- Heat remaining oil in a large non-stick frying pan over medium heat. Cook chicken, in batches, for 2 to 3 minutes each side or until golden and just cooked through, adding more oil if needed. Transfer to a plate lined with paper towel.
- Preheat grill on medium-high heat. Arrange chicken, in a single layer, on a large baking tray. Spoon over tomato mixture. Sprinkle with cheese. Grill for 3 to 4 minutes or until cheese is golden. Serve with spinach.

Bean Salad

Ingredients

- 1 large tin of 4 bean mix drained and rinsed
- 250 gms green beans
- 2 spring onions finely sliced
- 1 stick celery finely sliced
- ½ small capsicum, red or green, finely chopped
- 1 clove garlic crushed
- 2 tabs xylitol
- 3 tabs vinegar
- ⅓ cup Oil (I use grape seed oil)

Method

- Top and tail beans and cut into mouth size lengths. Cook in boiling water for about 2 minutes or still crunchy to eat
- Rinse and add crushed garlic and Xylitol then cool
- Add the rest of the ingredients and mix well
- Great served with a barbeque

Why You Should Start Oil Pulling Today

By Morgan Potts

<http://www.mindbodygreen.com/0-7857/why-you-should-start-oil-pulling-today.html>

Oil pulling is an ancient **Ayurvedic** method for **detox** and **rejuvenation**. It's a simple practice, with quite remarkable results. Many have heard of it, but never actually dove in to try it. It definitely has a mystical and exciting vibe around it, which made me eager to try. But what exactly is it? What does it do?

In a (coco)nut shell: To oil pull, simply swish your choice of unrefined, high quality oil in your mouth; similar to the way you would use a mouthwash. My favorite is **coconut oil**. This can be done anywhere from five to 20 minutes. The process attracts and removes bacteria, toxins, and parasites that live in your mouth or lymph system, and also pulls congestion and mucus from your throat and loosens up your sinuses, which is amazing! With the help of your saliva, all these scary undesirables bind with the oil, ready to be disposed of. Pulling also helps re-mineralize your teeth and strengthen your gums by thoroughly cleansing the area. This sounds good, right? But how exactly do you do it?

Traditionally, oil pullers used virgin sesame oil. The reason I prefer to use raw coconut oil is because it has antimicrobial, anti-inflammatory, and enzymatic properties. This provides the added benefit of killing any unwanted bacteria that may be residing in the mouth, while leaving behind healthy probiotic strains. A perfect exchange!

To start, scoop ½ to 1 full tablespoon of oil into the mouth; if it's cold, allow the oil to melt. Now push, swirl, and pull the oil between your teeth, around your gums, and allow it to touch every part of your mouth except your throat. You don't want the oil getting in contact with your throat because it's now carrying somewhat toxic material. No gargling! Have fun with it, though! Hum a little song,

or practice deep breathing through your nose. Allow this to be a sacred time. Enjoy the feeling of cleansing, the relaxation with the absence of talking. There's nothing quite like the feeling of smiling with a mouth full of oil. Something about it just feels so right! Once your time pulling is over, spit into the trash or toilet, but never the sink — the oil could solidify and clog your drain. Now rinse your mouth out with clean water two or three times. Finally, drink a glass of water and relax. You should be feeling fresh and rejuvenated.

Why oil pull? A popular reason for oil pulling is to find relief from congestion in the sinuses and throat. It is unbelievable how quickly this happens! Immediately after rinsing, you will find yourself blowing your nose and clearing your throat. I have worked with people struggling with chronic sinus congestion who experienced relief unlike anything else, after oil pulling only once! Their condition improved and the congestion eventually went away completely.

I began pulling to benefit my gums and teeth, which used to be extremely sensitive. My gums strengthened, and teeth became much whiter! It also proved to be beneficial to my skin, which cleared up dramatically, and became bright and almost glowing. Swishing with coconut oil has also proven to be beneficial to those with skin disorders such as psoriasis, and is great for anyone who wants to detox and begin taking better care of their immune system.

Oil pulling can be done at any time of the day, but for a more thorough detox, its best to do this in the morning, before eating or drinking. If you are having a hard time fitting oil pulling into your routine, I've found a nice time to do this is while in the shower. This way, you aren't counting the clock until the minutes are up; simply spit when your shower is done.

Published February 27, 2013 at 11:09 AM

Editor's Comment: *Apart from having my gums scraped every four months due to my medical condition, I have a small problem of eating as I am cooking, particularly at night. I tried oil pulling last night while I was cooking, and low and behold, I could not eat for the whole time I was swishing the oil in my mouth. Now all I need to do to stop eating after dinner is to swish after dinner as well when the munchies hit.....if anybody is game to try it, please let me know how you go....*

Some Interesting Websites:

- sarahwilson.com.au
- endsugaraddiction.com

See you at the meeting.....

THE HYPOGLYCEMIC HEALTH ASSOCIATION OF AUSTRALIA**ABN 65 846 851 613****Compilation Report to the Hypoglycemic Health Association of Australia**

We have compiled the accompanying special purpose financial statements of the Hypoglycemic Health Association of Australia, which comprise the balance sheet as at 31 December 2012, the profit and loss statement for the year then ended and a summary of significant accounting policies and other explanatory notes. The specific purpose for which the special purpose financial statements have been prepared is set out in Note 1 to the financial statements.

The Responsibility of the Treasurer of the Hypoglycemic Health Association of Australia

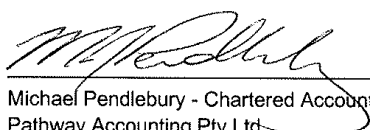
The treasurer of the Hypoglycemic Health Association of Australia is solely responsible for the information contained in the special purpose financial statements and has determined that the significant accounting policies adopted as set out in Note 1 to the financial statements are appropriate to meet the treasurer's needs and for the purpose that the financial statements were prepared.

Our Responsibility

On the basis of the information provided by the treasurer of the Hypoglycemic Health Association of Australia, we have compiled the accompanying special purpose financial statements in accordance with the significant accounting policies adopted as set out in Note 1 to the financial statements and APES 315: Compilation of Financial Information.

Our procedures use accounting expertise to collect, classify and summarise the financial information, which the director provided, in compiling the financial statements. Our procedures do not include verification or validation procedures. No audit or review has been performed and accordingly no assurance is expressed.

The special purpose financial statements were compiled exclusively for the benefit of the treasurer of the Hypoglycemic Health Association of Australia. We do not accept responsibility to any other person for the contents of the special purpose financial statements.



Michael Pendlebury - Chartered Accountant
Pathway Accounting Pty Ltd
Suite 307, 25 Solent Cct, Baulkham Hills NSW

6 March, 2013

THE HYPOGLYCEMIC HEALTH ASSOCIATION OF AUSTRALIA**ABN 65 846 851 613****Detailed Balance Sheet As At 31 December 2012**

	Note	2012 \$	2011 \$
Current Assets			
Cash Assets			
Westpac - Cheque Account		1,109	87
Westpac - Cash Reserve Account		7,798	9,596
Westpac - Newcastle Account		142	-
		<u>9,049</u>	<u>9,683</u>
Total Current Assets		<u>9,049</u>	<u>9,683</u>
Total Assets		<u>9,049</u>	<u>9,683</u>
Net Assets		<u>9,049</u>	<u>9,683</u>
Equity			
Retained surplus		<u>9,049</u>	<u>9,683</u>
Total Equity		<u>9,049</u>	<u>9,683</u>

THE HYPOGLYCEMIC HEALTH ASSOCIATION OF AUSTRALIA**ABN 65 846 851 613****Detailed Profit and Loss Statement
For the year ended 31 December 2012**

	2012 \$	2011 \$
Income		
Membership Fees	1,568	939
Donations	1,370	163
Interest Received	203	404
Total income	<u>3,141</u>	<u>1,507</u>
Expenses		
Advertising	3,245	-
Hall Hire	360	490
Petty Cash Expenses	120	62
Postage	-	86
Telephone & Internet	50	8
Total expenses	<u>3,776</u>	<u>646</u>
Net Surplus / (Deficit)	<u>(634)</u>	<u>861</u>

THE HYPOGLYCEMIC HEALTH ASSOCIATION OF AUSTRALIA**ABN 65 846 851 613****Notes to the Financial Statements
For the year ended 31 December 2012****Note 1: Summary of Significant Accounting Policies**

The treasurer has prepared the financial statements on the basis that the association is a non-reporting entity because there are no users dependant on general purpose financial statements. The financial statements are therefore special purpose financial statements that have been prepared in order to meet the needs of the members.

The financial statements have been prepared in accordance with the significant accounting policies disclosed below, which the director has determined are appropriate to meet the needs of the members. Such accounting policies are consistent with the previous period unless stated otherwise.

The financial statements have been prepared on an accruals basis and are based on historical costs unless otherwise stated.