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Perpetual Wellbeing Books Published Through Amazon.com

We are pleased to announce that we have entered into publishing arrangements with Createspace, a subsidiary of Amazon.com for our health improvement and natural medicine books.

The first book in the series was our book on cancer. **Natmed4u.com – A View on Cancer and is only \$7.99.** Most of you will be aware that the laws in Queensland prevent us from being the primary practitioner for a cancer patient. However, patients are encouraged to use our health improvement techniques while they are receiving medical treatments for their cancer. The reality is that 95% of cancers are caused by a combination of environmental and lifestyle factors including diet, lack of exercise, infections, high sugar stuff that is marketed as 'food', 'drink' or 'snack', radiation exposure, prescription and non-prescription drugs, smoking, toxins, etc. Because these things act in combination scientists cannot mount enough direct evidence to have specific products withdrawn from sale, with the exception of cigarettes where the evidence is overwhelming. Our book provides a structured approach to return your body to good health and overcome cancer which, of course, supports the medical treatment being used to specifically target the cancer. The advantage of the structured approach is that it addresses all the likely causes (and any combination of them) and thus not only helps considerably in the treatment process but also helps to prevent re-occurrence of cancer or getting cancer in the first place.

We had hoped to announce the opening of our new online store www.natmed4u.com in conjunction with this book

(hence the reference in the book title) but unfortunately some obstacles have been put in our way. We hope to have these issues resolved and the online store launched in the near future.

The book, however, has its own website – www.natmed4uviewoncancer.com and is receiving good support throughout the United States and the United Kingdom. We would appreciate your help by giving this link to as many people as you can.

The second book in the series is a weight loss book and has just been released – see details below

The third book in the series is on depression and is currently in the editing stage.

We have the notes and research for several other books covering areas such as gastrointestinal disease and fertility, so hopefully you will see more books published by us in 2012.

We would like to thank those clients who have supported our work and encouraged us to spread the information more widely.

FEAR Made You Fat & Not Calories: Just 4 Steps to End the Obesity Epidemic

Our weight loss book demonstrates that there are 4 key issues to be addressed to achieve effective and healthy weight loss and, if we addressed them as a society, the Obesity Epidemic would end.

The 4 issues have the acronym **FEAR** – **F**ructose in everything, **E**xercise reduction, **A**rtificial Trans Fats and **R**educed Key Nutrients. When we tested clients following weight loss diets we found that any combination of these 4 factors could keep you in 'fat storage mode'. This means that even if you followed a very low calorie diet you may not lose fat if any of these factors were combining to keep you actually storing fat instead of burning fat.

Another key finding of our work was that even if you had all the key nutrients in your diet, it didn't necessarily mean that you were absorbing them or utilising them in a way that would get you out of 'fat storage mode'. The book provides a structured approach to reversing these factors and achieving healthy and effective weight loss.

Fortunately, ForeWord Clarion Review, who provide reviews for book shops, gave our book 4 stars out of 5 and concluded that "Although it stops short of sparking a new weight-loss revolution, this is still an informative and well-written text. Readers will appreciate the clear presentation of current weight-loss research and the suggested strategies for overcoming poor lifestyle choices."

FEAR Made You Fat & Not Calories: Just 4 Steps to End the Obesity Epidemic is only \$7.99. It has its own website – www.fearmadeyoufat.com and is available through the eStore on the book website, through Amazon.com, Createspace Direct, Online Stores and Bookstores.

Do you know enough about vitamin E to take it as a supplement?

Regular readers of this newsletter may recall that we have pointed out the dangers of vitamin E supplementation on a number of occasions. Unfortunately we continue to see people who are taking big risks with their health by supplementing with vitamin E.

Below are the reasons why we think you should only take vitamin E under the supervision of a qualified practitioner and only when it is targeted at a specific disease such as some forms of cancer.

- When we look at the biochemistry of vitamin E and how it works in your body it appears likely that as soon as it is in excess it will work like an oxidant and start destroying the internal structure of your cells – by taking it with other antioxidants you can safeguard against this action but you would only take this risk if you had a serious disease you were trying to treat
- Analysis of data published in October¹ from the Selenium and Vitamin E Cancer Prevention Trial (SELECT) by researchers at the Department of Urology, Glickman Urological and Kidney Institute, Cleveland Clinic, Cleveland, Ohio showed that Dietary supplementation with vitamin E significantly increased the risk of prostate cancer among healthy men
- A study published in November² confirms the powerful effects of vitamin E within a cancer cell. In other words, vitamin E works like chemotherapy within a cancer cell destroying aspects of the cell – not something you would want to expose a healthy cell too!
- A recent study in Alzheimer's Disease patients³ showed that in some patients vitamin E worsened memory associated with the disease and in other cases vitamin E treatment partially prevents the loss of memory associated with the progression of the disease. The researchers call this the vitamin E paradox. We don't

believe there is any paradox – you are just looking at vitamin E doing what you would expect – helping out until it gets in excess and then it starts to destroy cells. The researchers do note, however, that it is clear that increasing the intake of fruits and vegetables rich in antioxidant vitamins, prevents or retards the onset of Alzheimer’s Disease. There has been numerous studies confirming the benefits of vegetables, in particular, at reducing the onset of many chronic disease. Getting a good mix of vegetables is a significantly different thing to taking doses of vitamin E because with vegetables you are getting the combined effect of many nutrients in the proportions that your body expects them to arrive.

- A study published in August⁴ shows that if you take vitamin E and vitamin C at the same time as antibiotics you can significantly increase that rate at which you eradicate *Helicobacter pylori*. In this controlled trial scientists were giving patients who were low in antioxidants a boost in antioxidants in a controlled way to improve the effectiveness of the antibiotic drugs. So yes, this is an effective way to use vitamin E but does the average person know enough to do this themselves without the help of a skilled professional?

We could go on with more studies like the above, but the important thing to remember is that vitamin E, taken by itself in any significant dose, has potential harmful effects on your body. Even if a qualified health professional tells you to take vitamin E by itself to treat a specific illness, get a second opinion before you do it. We can’t find any evidence that convinces us that vitamin E taken by itself is safe in any circumstance. Only take vitamin E when it is part of mix of therapies with hopefully enough offsetting effects to safeguard against a vitamin E overdose.

ADHD & Autism – Why the increase?

Between 3% and 7% of American school aged children are affected by attention deficit hyperactivity disorder (ADHD) and 1 in 91 is diagnosed with autism.⁵ There are similar trends in Australia with an estimated 1 in 160 children being diagnosed with an autism spectrum disorder (ASD).⁶

During the first 2-3 years of life, many areas of a child’s physiology are still developing, including the blood brain barrier (BBB), liver detoxification pathways, the enteric nervous system and immune system. Until fully developed, these tissues are highly vulnerable to neurotoxins, heavy metals, oxidative damage and inflammatory cytokines. So if you are looking for a cause of the increase in these disorders – this is where you focus your attention.

The best place to look for toxins that may be stimulating the increase in these disorders is where children spend most of their time – inside school buildings and inside homes. Even in the most polluted cities in the world it is believed that if you leave the windows of your home open you will reduce the amount of toxins in your home that you and your family are breathing in or coming in contact with. With the amount of things in a modern home, it may be just the accumulated effect rather than any specific item being of danger. In other words, if you got an expert in to measure whether each item in your home was giving off a safe level of toxins then the answer might be yes, each item is giving off safe levels. However, when you add them all up the result may be very different.

After improving the environment in which the child lives, the next treatment to consider is improved diet and probiotics. As 70% of the body’s serotonin is found in the gastrointestinal tract, changes in digestive function and microbiota can influence a child’s central nervous system, mood and behaviour.^{7,8}

Omelettes – A great way to get protein

We recommend omelettes as a healthy meal at any time of the day. Set out below is one of our recipes. Who said getting healthy was hard!

Serves 2

Ingredients:

6 free range eggs

2 cups sliced mushrooms

1 tablespoon of unsalted butter or ghee
1 tablespoon of fresh chopped herbs (parsley, basil, chives, etc)
water

Equipment:

Chopping board and knife, large frying pan, spatula, mixing bowl

Preparation:

Heat the frying pan until hot. Add the mushrooms and a few teaspoons of water and cook while stirring until they are browned and soft. Transfer mushrooms from pan to mixing bowl and toss through herbs and keep warm while you cook the omelette.

Reheat the pan over medium to high heat and add the butter and swirl around the pan. Beat the eggs until just combined. Pour the egg mixture into the pan.

As soon as the egg mixture starts to set using spatula drag the cooked part of the eggs from the outside of the pan to the centre. Tilt the pan and allow the uncooked egg to flow to the edges. Add the mushroom and herb mixture along one side of omelette. Cook for about 2 minutes.

To serve, slip the omelette out of the pan onto the serving plate flipping the top over as in photo. Add sprig of basil for garnish.

Serve immediately.



Keto bars – Turn snacks into a health boost

Most of you will know that getting enough protein is a key focus for becoming or staying healthy.

Because we operate a CBD clinic we know how hard it is to get time during the working day to obtain healthy food or to get time to bring it with you to work. That's why we researched the market for healthy quick snacks and selected the Keto bars as the healthiest source of protein in a quick snack.

The regular keto bars are available in choc mint, vanilla nougat, cherry coconut, hazelnut & caramel. We also stock the Keto Crunch Bar which is a Cranberry & Almond flavour.

A box of 10 bars retails for \$49 – our price is only \$39 – we can also supply a box of mixed flavours – phone our reception on (07) 3218 2799 or email info@perpetualwellbeing.com.au to place an order



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