

STOMACH ACID AND YOU

People often assume that too much stomach acid is the cause of acid indigestion, so take acid suppressors. Surprisingly, though, the primary cause of indigestion in most people is insufficient stomach acid.

Stomach acid is good and necessary for health. Stomach acid is essential for proper digestion and healthy immune response. Blocking stomach acid for long periods can lead to other health problems. When stomach acid is low, many essential nutrients cannot be absorbed. These include amino acids, vitamins and essential minerals such as iron, calcium and zinc.

Common symptoms of low stomach acid include gas, indigestion, iron deficiency, dilated blood vessels in the cheeks and nose, chronic yeast and fungal infections, chronic intestinal parasites, weak fingernails, acne, and nausea. Diseases associated with low stomach acid include eczema, gallbladder disease, hepatitis, osteoporosis, psoriasis, rheumatoid arthritis, and asthma.

Stomach acid production tends to decline with age. The stomach lining suffers damage from certain things that we ingest, such as aspirin, coffee, chocolate, and iron salts.

Food allergies are also a culprit in indigestion. Certain foods cause inflammation in our digestive tract. An inflamed digestive tract cannot perform normally. Almost everyone is allergic to white flour products. Other common food allergens that lead to indigestion include orange juice, coffee, and milk. Try a week without these foods, and see whether your digestion improves.

HYDROCHLORIC ACID AND ME

A Hippocrates Digestive Compound user recently wrote, “I have been taking Hippocrates Digestive Compound (Hydrochloric Acid) with meals for the last six months. Before taking it, during the day and especially after meals I could feel tartar film on my teeth. I could literally scrape the muck off. Now that I take Digestive Compound, I don't have any tartar on my teeth during the day. It is amazing! I have also noticed that I don't feel as bloated after meals.”

Hydrochloric acid (produced in the stomach) is vital to good digestion. It signals the pancreas and gallbladder to produce pancreatic enzymes and bile. Good health requires proper functioning of each component of the digestive system. Should any part become imbalanced, illness and disease soon follow. We associate ageing with degenerative diseases such as arthritis, diabetes, arteriosclerosis, heart disease, hypertension, etc. These diseases, which vary in manifestation, may all stem from a common cause — inadequate hydrochloric acid production. Age, stress and poor diet are three of the most common causes of hydrochloric acid deficiency.

FOOD ENZYMES

Food enzymes such as amylase, protease, lipase, and cellulase are present in all raw foods. Their purpose is to help the body digest these foods.

When foods are cooked, food enzymes are damaged or even destroyed. Therefore, digestion of cooked foods becomes more difficult. Hippocrates Food Enzymes help replace these lost enzymes and ease digestion.

These products are available at www.hippocrates.com.au.

BROMELAIN FOR YOUR HEALTH

Bromelain is an enzyme with many uses and health benefits. Enzymes are even more important functionally than vitamins and minerals. Without enzymes, food cannot be broken down into its constituent nutrients, Enzymes are needed for cellular metabolic actions.

Bromelain is a proteolytic enzyme found most abundantly in pineapple cores. Protease or proteolytic enzymes are needed to digest complete proteins, such as those found in meat.

Cooking meat destroys most or all of the enzymes needed to break down meat's complete proteins into amino acids that the body can use.

This puts a strain on the pancreas to create more proteolytic enzymes for the small intestine to break down the meat proteins. That strain can lead to pancreatic cancer. But what's more likely, the diversion of breaking down meat proteins inhibits other functions protease enzymes perform to keep healthy.

Bromelain has many health benefits beyond digesting whole proteins. Complete proteins are hard to digest. That's why only proteolytic enzymes work – they're tough enough to crack those proteins open. And if they're tough enough for that, they can help in other areas.

Bromelain can dissolve internal scar tissue created from inflammation. Besides calming the inflamed area,

It also removes hiding places where pathogens lodge. Scar tissue that remains is a breeding shelter that inviting disease.

Bromelain speeds recovery from injuries, and is recommended before and after any medical or dental surgery.

Since cancer cells are protected from the immune system's white "killer" cells by a protein wall, cancer treatment can be enhanced by adding bromelain.

Bromelain also breaks clots beginning to form among blood platelets. This is useful for anyone dealing with cardiovascular problems.

Bromelain is anti-viral and anti-bacterial. It can be used to help heal bronchitis and pneumonia. Bromelain enhances the immune system and supports cytokine hormones manufactured in white blood cells

.Bromelain is a major component of Hippocrates Food Enzymes.

Wheatgrass Juice

FIFTY REASONS TO DRINK WHEATGRASS JUICE EVERY DAY

Wheatgrass juice is a powerful, strong-tasting cleansing food. If you prefer a milder flavor, try wheatgrass in powder form. (At www.hippocrates.com.au). The flavor is a bit tamer, and it's far easier to keep it on hand. Keep to a daily regimen with the powder for a month. If you're feeling benefits, consider upgrading your habit to fresh wheatgrass.

A good strategy for taking wheatgrass is to ease in to the dosage. We've met many folks who take 200ml per day to support their healing process, but, if you are new to wheatgrass, start with 25ml, and drink plenty of water. Pay attention to the way you feel and adjust your dosage over time. Wheatgrass can slightly upset the stomach if you're not used to it or if your body isn't accustomed to a clean diet.

Here are fifty reasons to drink wheatgrass that could convince even the most grass-averse reader to throw back a green glassful.

1. Wheatgrass juice contains up to 70% chlorophyll, which is an important blood builder. The chlorophyll molecules closely resembles that of the hemin molecule, the pigment which combines with protein to form hemoglobin. The major difference is that the chlorophyll molecule contains magnesium as its central atom, and the hemin molecule contains iron. The molecular structure of these two substances is almost identical in all other respects.
2. Wheatgrass juice is an effective healer because it contains minerals, and vitamins A, B-complex, C, E and K.
3. Wheatgrass is extremely rich in protein, and contains 17 amino acids — the building blocks of protein.
4. Wheatgrass juice is one of the best sources of living chlorophyll. However, to get the full benefit, chlorophyll must come fresh from a living plant.

5. Chlorophyll contains enzymes and super-oxide dismutase (SOD), a copper-containing protein found in mature red blood cells. This enzyme decomposes superoxide radicals in the body into a more manageable form, thereby slowing the ageing process.
6. Chlorophyll is the first product of sunlight and, therefore, contains more 'light energy' than any other food element. Wheatgrass juice can be taken orally, or as a colon implant. In addition, scientists have never found wheatgrass to be toxic in any amount when given to either animals or humans.
7. Science has proven that chlorophyll arrests growth and development of unfriendly bacteria.
8. Chlorophyll can be used inside and outside the body as a natural healer. The US Army exposed animals to lethal doses of radiation. The animals fed chlorophyll-rich vegetables such as cabbage and broccoli had half the mortality rate as those fed a non-chlorophyll diet.
9. Chlorophyll can be extracted from many plants, but wheatgrass is superior because it has been found to have over 100 elements needed by humans. If grown in organic soil, it absorbs 92 of the known 115 minerals from the soil.
10. Liquid chlorophyll has the ability to get into the tissues, where it can actually refine and renew them.
11. The bland soothing effect of chlorophyll (wheatgrass) ointments are beneficial for help with skin diseases: itching and burning of the rectum; ivy poisoning; weeping and dry eczema and even insect bites and infection.
12. Chlorophyll packs inserted into the sinuses have a drying effect, clearing up congestion and giving immediate relief. Congested head colds can be cleared up within 24 hours.
13. Liquid chlorophyll washes drug deposits from the body.
14. Chlorophyll neutralizes toxins in the body.

15. Chlorophyll helps purify the liver. You can regenerate liver tissue, support alcohol detoxification, and protect the liver from damage induced by your favorite libations.
16. Chlorophyll improves blood sugar problems.
17. Chlorophyll can be used to clear up foul-smelling odors, neutralize infections, heal wounds, hasten skin grafting, cure chronic sinusitis, overcome chronic inner ear inflammation and infection, reduce varicose veins and heal leg ulcers, eliminate impetigo and other scabby eruptions, heal rectal sores, treat inflammation of the uterine cervix, eliminate parasitic vaginal infections, reduce typhoid fever, and cure advanced pyorrhea.
18. Chlorophyll has been deemed “concentrated sun power” that increases the function of the heart and affects the vascular system, the intestines, the uterus, and the lungs.
19. Wheatgrass juice can dissolve scars formed in the lungs from breathing acid gasses. The effect of carbon monoxide is minimized, since chlorophyll increases hemoglobin production.
20. Wheatgrass is high in oxygen, like all green plants that contain chlorophyll. The brain and all body tissues function at an optimal level in a highly oxygenated environment.
21. Wheatgrass is a nutritionally complete food, which will sustain the growth and development of laboratory animals and humans alike. Wheatgrass’s grass-juice factor has been shown to keep herbivorous animals alive far beyond normal expectancy.
22. Wheatgrass juice is a detoxification agent, even superior to carrot juice and other fruits and vegetables.
23. The starch of wheat grain is stored energy, which, when converted to simple sugars, is a quick energy source. Athletes find it is assimilated quickly, and uses very little of the body’s energy to extract the nutrients.
24. Because 25ml of juice equals 1 kg of produce nutritionally, it naturally shuts off the appetat in the brain.

25. Wheatgrass contains a full spectrum of vitamins and minerals, combined with dozens of trace elements and enzymes.
26. Wheatgrass juice is an effective healer because it contains an abundance of minerals, and vitamins A, B-complex, C, E and K. It is extremely rich in protein, and contains 17 amino acids, the building blocks of protein.
27. Farmers with sterile cows and bulls have put them on wheatgrass to restore fertility. (The high magnesium content in chlorophyll builds enzymes that restore the sex hormones.)
28. Wheatgrass juice cures acne and even helps to gradually remove scars. The diet, of course, must be improved at the same time.
29. Wheatgrass juice acts as a detergent in the body, and can be used as a body deodorant.
30. Wheatgrass juice helps prevent tooth decay.
31. Wheatgrass juice held in the mouth for a few minutes helps eliminate toothaches.
32. Gargle wheatgrass juice for a sore throat.
33. Drink wheatgrass juice for skin problems such as eczema or psoriasis.
34. Wheatgrass juice delays the greying of hair.
35. Pyorrhea of the mouth: lay pulp of wheatgrass soaked in juice on diseased area in mouth, or chew wheatgrass, spitting out the pulp.
36. Wheatgrass juice improves the digestion.
37. Wheatgrass juice is an excellent skin cleanser and can be absorbed through the skin for nutrition. Pour juice over your body in a tub of warm water and soak for 15 to 20 minutes. Rinse off with cold water.
38. Wheatgrass implants in the colon are great for healing and detoxifying the colon walls. Implants also heal and cleanse the internal organs. After an enema, implant 100ml of wheatgrass juice. Retain for 20 minutes.
39. Wheatgrass juice improves arthritis. Soak a cotton sock with 150ml and place on affected area. Cover with plastic bag.

40. For minor eye irritation, apply strained wheatgrass juice mixed with pure water in an eye cup.
41. Dandruff? Massage 150ml into the scalp, and cover with shower cap for 15 minutes.
42. Wheatgrass juice can be used as a vaginal douche for many feminine complications.
43. Wheatgrass juice is great for constipation and keeping the bowels open -- because it is high in magnesium.
44. Wheatgrass juice reduces high blood pressure and enhances the capillaries.
45. Wheatgrass juice can remove heavy metals from the body.
46. Wheatgrass juice addresses blood disorders.
47. You can grow it in just 7-10 days, in your own home.
48. Wheatgrass is gluten-free, because it's cut before the grain forms.
49. In the bath, it is most soothing. It stops bleeding, eases itching, and helps heal sores and pimples.
50. And finally — by taking wheatgrass juice, one can feel an increase in strength, endurance, renewed health and spirituality, and experience an overall sense of well-being.

Tired Eyes? Bathe Your Eyes with Wheatgrass Juice

Stir 2 teaspoons of Hippocrates Organic Wheatgrass Powder into 200 ml of very hot water. Allow to cool.

Strain the liquid through a cotton cloth into a glass jar. Toss the powder residue into rubbish.

Bathe your eyes with the liquid — using an eye dropper or eye cup — several times per day.

Enjoy!

Virgin Coconut Oil - - with Cannabis Added?

Virgin Coconut Oil of Highest Quality

Virgin organic coconut oil (unrefined, unbleached, unhydrogenated, cold-pressed, undeodorised) is the oil of choice for health-conscious people. It's used in everything from smoothies to personal care products. You can use coconut oil both inside and outside your body.

Virgin coconut oil is 44.6% lauric acid, 16.8% myristic acid, and 8.2% palmitic acid, and it's composed mostly of medium-chain-fatty-acids (MCFAs). MCFAs are extremely useful for providing sustainable energy, due to their molecular structure. Many bodybuilders and athletes rely on MCFAs as a key part of their high-performance diets.

Have you ever wondered how premium coconut oil is actually made?

First, whole coconuts are collected fresh off the tree, then shelled to remove the outer shell (the brown skin).

The white coconut meat is removed and ground at low temperatures into granules. These granules are then dried at 40°C-45°C.

Once dried, the coconut granules are loaded into a customized cold- process expeller that squeezes out the oil. This is also done at 45°C or lower in order to preserve the raw nutrients.

The oil that comes out is then loaded into a centrifuge machine that spins it at high speed to remove any moisture or particulate matter.

The resulting oil is called "Virgin Coconut Oil." It is then poured into the final containers, labelled and shipped.

There is no cooking, pasteurization, fumigation, hydrogenation or other artificial process involved.

Coconut oil has a surprisingly long shelf life — up to six years on the shelf — due to its ability to naturally resist oxidation. When stored in the refrigerator, it becomes solid. When warmed at room temperature (23 C or higher), it becomes liquid.

Details: www.hippocrates.com.au

TWELVE CREATIVE WAYS TO USE COCONUT OIL

1. COLDS AND SORE THROATS

Coconut oil has antimicrobial properties that can help you recover from a cold. Mix it with warm herbal tea and honey for a soothing throat remedy.

2. CUTS AND SCRAPES

Coconut oil can be used as a topical cream for common cuts and scrapes, protecting against infection while conditioning the skin to heal faster. It can also prevent scarring.

3. DANDRUFF

Several times per week, coat your fingertips with coconut oil and massage into your scalp for an easy dandruff remedy. This gentle method is suitable for young children or babies with cradle cap.

4. DEODORANT

You can use coconut oil by itself as a deodorant to leaves underarms feeling silky soft, or you can add sodium bicarbonate and corn-starch for advanced odour protection.

5. DETOXIFICATION

There are many methods for detoxifying the body, but coconut oil is unique because it can provide energy while cleansing. One popular method is to take 5 ml of

coconut oil seven times per day for one to seven days to help the body eliminate toxins, impurities and candida albicans.

6. FUNGAL INFECTIONS

Coconut oil contains strong antifungal agents, used to address fungal infections such as athlete's foot, ringworm, thrush and vaginal yeast infections. You can take it internally and use it topically for these conditions.

7. HAIR CONDITIONER

Apply a thin layer of coconut oil to your scalp and hair. Allow it to soak for several minutes and then wash as usual. There is no need to use other conditioners, even after washing with shampoo.

8. LIP BALM

Lip moisturizers are laden with chemicals, and natural products are often pricey. If you need a moisturizer for your lips, pour coconut oil into a commercial lip balm container.

9. MAKEUP REMOVER

Coconut oil is an effective makeup remover, so you can toss out all the chemical-laden products from the drugstore. It's also a natural moisturizer, so it won't cause dryness or irritation.

10. SKIN CONDITIONS

Since coconut oil is moisturizing, antimicrobial, antifungal and anti-inflammatory, it's a great natural remedy for skin problems ranging from eczema to acne to diaper rash.

11. SUNSCREEN

Coconut oil provides effective and natural sun protection without exposing your body to the toxic chemicals and metals in conventional sunblock. Coconut oil protects against free radicals that cause skin cancer.

12.Toothpaste

Mix equal amounts of coconut oil and sodium bicarbonate for an all-natural, fluoride-free toothpaste. Add spearmint or peppermint oil for a fresh, sweet flavour.

Ayurvedic Coconut Oil Pulling

We have recently decided to try Ayurvedic Oil Pulling with coconut oil. Devotees claim numerous benefits in areas such as gums, teeth, acne, eczema, blood pressure, cholesterol, and migraines.

We've now been doing oil pulling daily for the last few months, and will continue doing so. If you, too, wish to oil pull, we suggest you follow the procedure we learned:

Step 1

First thing in the morning, on an empty stomach, and before drinking any liquids (including water), pour exactly one tablespoon of coconut oil into your mouth. Use one teaspoon for children old enough to be able to swish it without swallowing it — most sources suggest an age of five. If you wear dentures, oil pulling is done with the dentures out of your mouth. Some people choose to accelerate oil pulling's effects by doing the procedure two or three times per day. It should be done before meals or several hours after a meal, on an empty stomach.

Step 2

Swish the oil around in your mouth (without swallowing it) for about twenty minutes. Move it around in your mouth and through your teeth. Sip and suck it through the teeth. Use a gentle chewing motion from time to time. Don't tilt your head back to gargle. Keep swishing. If your cheek or jaw muscles get sore while swishing, you are putting too much effort into it. Relax your jaw muscles and use your tongue to help move the liquid around the inside of your mouth. When you do this correctly, you will feel very

comfortable. Soon it will become second nature. You will find that the oil starts to get watery during the first minutes, as your saliva mixes with it.

Step 3

As the end of the oil pulling session approaches, the oil/saliva mixture in your mouth becomes thicker. This is quite normal, since it is pulling out toxins from your body. When twenty minutes are up, spit out the oil into the toilet, or spit it outdoors, as a weed killer. (It is best if you do not spit into the sink, to prevent eventual clogging.) Do not be alarmed if it looks yellow or whitish — this also is normal.

Step 4

Rinse out your mouth twice with warm water. and spit into the toilet. One method is to rinse and spit with diluted hydrogen peroxide. Once again, do not swallow. The hydrogen peroxide is effective in rinsing out any toxins or organisms, which may be left in the mouth.

Step 5

Brush your teeth. Use a damp toothbrush with a small amount of baking soda. The baking soda will normalize the PH of the mouth.

Bill and Debra, Port Macquarie, NSW

Coconut Oil for My Burning Backside

This is an embarrassing story to tell. My wife encouraged me to pass it on, though, in the hope that it might help others.

For years I've been plagued by occasional anal/rectal burning sensations when I've eaten spicy foods. I know "if you won't put it in your eyes, don't put it in your mouth", but that's a hard slogan to follow 100%.

Recently I pigged out on far too many raw onions, and suffered mightily the next day. My pain when defecating was so severe that I thought I might faint.

I've read that anal/rectal cleanliness can minimize prostate and hemorrhoid problems,

so I decided to give coconut oil a go there. Coconut oil's antibacterial and antiviral qualities seemed appropriate as well, and, at that point, the region desperately needed soothing.

It certainly helped! I've since begun to manually apply coconut oil (from a jar separate from our cooking oil, of course) to the anus after every bowel movement. And I've finally given up onions!

John, Nowra, NSW

Make Your Own Cannabis-Infused Coconut Oil

Coconut oil is a vegan "super food." It is beneficial used orally or topically, and can even be used as a daily detox. Coconut oil is comprised of 90% saturated fat. This oil provides the body with a readily available source of healthful energy.

In fact, this high fat content is the key when using coconut oil to infuse cannabis edibles, topicals, and more. Tetrahydrocannabinol (THC) is a fat-soluble molecule and must bind to fat in order to be absorbed into the oil. So, the more fat, the more room for cannabinoids overall. When compared to other butters and oils, infused coconut oil offers you the biggest bang for your buck for potency and nutrition.

Coconut oil has anti-bacterial properties and is in the diets of the most heart-healthy populations in the world. As a ketogenic food, it can directly decrease seizures in epileptic children, and has shown signs of helping with symptom management for Alzheimer's patients.

When you consider the natural benefits of coconut oil, cooking cannabis into it only increases the medicinal advantages.

First, you will want to choose your preferred type of coconut oil. For purity and flavor, we recommend Hippocrates Coconut Oil at www.hippocrates.com.au.

Your next choice will be determining what strain(s) of cannabis you plan to cook into your oil. Do you want an Indica, Sativa, or Hybrid strain? Of course, you need to know how different strains affect you.

NEVER use cannabis if you don't trust the source, or if it hasn't been lab- tested for safety. It's important that you not ingest impurities such as mold, insects, or pesticides. Deciding how much cannabis to cook in your oil depends on how much and what strength oil you would like to make. Consider how much oil will be needed in your recipe and how strong you want each bite or serving to be. This will require some math on your part.

We suggest that any first-time cook would want to add, at minimum, 100 grams of high quality flower (15%+ THC) into two cups liquid oil. Keep in mind this will create low doses — you want to make sure you are giving yourself a dose with which you'll feel the effects of your coconut oil, without being incapacitated.

Once you have warmed your liquid coconut oil, add your ground plant matter. The goal is to keep the oil just below a simmer, with regular stirring to prevent any burning at the bottom of the pan.

It is vital to remember that THC activates as low as 160F, and it deteriorates above 350F, which is also the smoking point of coconut oil. Once THC begins deteriorating, its salutary effects are less noticeable, and you will receive less benefit.

After about an hour, the oil will turn green. It is now done. Let it sit for an hour.

When you are ready to jar the oil, prepare a large wide-mouth jar with secure cheesecloth around the lid. A tight rubber band will do the trick. Then pour the green oil slowly into the jar. Be sure to leave enough room for the cheesecloth to hold all the

plant material, yet not so deep into the jar that the liquid will rise to reach the base of the cheesecloth.

Once the oil is cooled, squeeze the ball of cheesecloth-wrapped plant matter to get the last few drops of infused coconut oil. Cap the jar and label it so that you don't forget how potent the oil is. Coconut oil is stable at room temperature or in the fridge. Discard the plant matter.

You now have available medicated lotion, cooking/salad oil, or spread for foods. The possibilities are endless.

PERUVIAN MACA

The following articles about Maca were printed in the Australian magazine, Nature and Health, and written by Amy Nancarrow.

“Discover How This New Phytonutrient Can Ease Menopausal Symptoms”

Rather than hormone replacement therapy (HRT) millions of women are putting their faith in a remedy used for 10,000 years, which is safe and amazingly effective: a cruciferous root vegetable from Peru called Maca.

Now women have an alternative to hormone replacement therapy drugs. Maca works in an entirely different and more satisfactory way for most women than phytoestrogen herbs like black cohosh and liquorice root. And men too find that Maca can counteract the difficulties they may experience in maintaining good sexual relationships as they age, due to a general slowing down in the output of the endocrine glands.

Alternative to HRT

It is important to remember that Maca does not itself contain any hormones, but its action on the body jogs the pituitary into producing the precursor hormones which ultimately end up raising oestrogen, progesterone and testosterone levels, as well as helping to balance the adrenal glands, the thyroid and the pancreas. But this occurs naturally, not with time-bomb drugs, which throw the entire body into a dangerous state of confusion.

Dr Jorge Malaspina, a respected cardiologist, has been using Maca in his practice in Lima, Peru, for over a decade. He says, “Maca does not cause the ovaries in women to atrophy, as conventional hormone replacement therapy does.” This means that Maca may be discontinued at any time without danger.

He adds, “Different medicinal plants work on the ovaries by stimulating them. With

Maca, though, we should say that it ‘regulates’ the ovarian function, as well as the organs of internal secretion, such as the pituitary, the adrenal glands, and the pancreas. He has also found Maca to be effective even on women who have undergone complete hysterectomies. He describes one patient who had a very low serum oestradiol level of 15. After two months on Maca it went up to 75. He says that a level above 60 is an adequate postmenopausal level. “Maca enables the adrenals to make sufficient hormones to avoid symptoms,” he says.

Dr Malaspina adamantly prefers Maca therapy to HRT. “The presence of outside hormones circulating in the system sends a message to the pituitary and the hypothalamus that there is a sufficient quantity of hormones in the body and so they stop producing them. When menopause arrives, then, the ovaries are atrophied and do not produce the oestrogen and progesterone, which the body requires to minimally, function. For this reason I encourage women to start with Maca before menopause. It seems to help the endocrine system to stay in balance.”

‘Natural Viagra’

Doctors also have good news for men who are suffering age-related sexual dysfunction. They can forget expensive, dangerous Viagra. Maca works very well, and safely.

Dr Jorge Aguila Calderon, Dean of the Faculty of Human Medicine at the National University of Federico Villareal in Lima, prescribes Maca for a wide variety of conditions, including osteoporosis and the healing of bone fractures in the very elderly. He says, “Maca has a lot of easily- absorbable calcium in it, plus magnesium, and a fair amount of silica, which we are finding very useful in treating decalcification of bones in children and adults.”

Dr Calderon has also helped patients overcome male impotence, male sterility, and female sterility by employing Maca therapy. Additional problems he treats with Maca are rickets, various forms of anaemia, menopausal symptoms such as hot flashes and night sweats, climacteric and erectile difficulties in men, premature ageing, and general

states of weakness, such as chronic fatigue.

Another health professional using Maca is Dr Garry F. Gordon, President of the international College of Advanced Longevity Medicine in Chicago, Illinois. He said: “Using Maca myself, I experienced a significant improvement in erectile tissue response. I call it ‘nature’s answer to Viagra’. “What we see in Maca is a means of normalising our steroid hormones like testosterone, progesterone and oestrogen. Therefore, it has the facility to forestall the hormonal changes of ageing. It acts on men to restore them to healthy functional status in which they experience a more active libido. Lots of men and women, who previously believed their sexual problems were psychological, are now clearly going to look for something physiological to improve quality of life in the area of sexuality. Of course, as someone interested in longevity, I’m aware that mortality comes on much sooner for those individuals whose sexual activity is diminished or nonexistent. I believe that people who engage in sex twice a week, or more, live longer. I’ve found sexual activity to be a reliable marker for overall ageing.”

What it is?

Maca is a dehydrated, cruciferous root vegetable and not a drug, so it is imported without any problems. It is a benign, medicinal food which has been in use for 10,000 years, possibly more, and has had ample time to be judged effective. It is also easily affordable.

What’s in it?

Proteins, as polypeptides, make up 11 per cent of the dry Maca root; calcium makes up 10 per cent and magnesium and potassium are present in significant amounts. Other minerals include iron, silica and traces of iodine, manganese, zinc, copper and sodium. Vitamins in Maca are thiamine, riboflavin and ascorbic acid. The amino acid proteins in Maca include glutamic acid, serine, histidine, glycine, threoline, cystine, alanine, arginine, tyrosins, valine, methionine, isoleucine, lysine, hoproline and sarcosine.

Benefits

According to doctors in Peru and the USA, Maca may be of benefit for:

- **Menopausal symptoms:** Hot flashes, tender breasts, sleeplessness and emotional upsets, “brain fog”, vaginal dryness
- **Osteoporosis:** Significant bone rebuilding, improvement in bone density
- **Energy booster:** Balances the endocrine system: thyroid, pituitary and adrenal glands
- **Male impotence**
- **Chronic Fatigue Syndrome**
- **Period problems:** Pain, PMS, flooding and/or scant flow

Prominent health professional Grant Woolven says about this natural remedy: “Maca could be called a ‘miracle of nature’ because it has such remarkable effects on the body and mind. Because it is a food, as opposed to a medicinal herb, it can be taken every day without any negative side effects. From an Ayurvedic viewpoint, it effectively strengthens the nervous system and brain, via its effect on the kidney energy. It regulates the liver energy, resulting in a harmonising of all endocrine functions, especially the ovaries, testes and pituitary glands. Because of these effects it is excellent for catalysing emotional stability and a deep sense of psychophysical wellbeing and integration. It is no wonder some people call it the ‘happiness herb’.

“Because it is ‘vata-reducing’ it is excellent for people who are rundown, depleted, undernourished or emaciated. It is a ‘rebuilding tonic’ with the added benefit of being warming energetically, which facilitates the digestive fire (Agni) and good circulation. Although it is excellent for those people with endocrine imbalances, it is also excellent, when combined with rosehips, for the rejuvenation of tissue and immunity in any person at any age.”

Heavy Periods: Cecile's Story

“I am 41 years of age and had experienced heavy menstrual bleeding since a teenager. I have had three children, and as I got older, my health has also been compromised by chronic anaemia. Each month I would feel a heaviness and pressure in my body as a build-up to my period. After the heavy flow, it would take several days to feel OK after feeling extremely tired and ‘washed-out’. I started taking the herb Maca five cycles (months) ago. I believe I noticed a change after three weeks, and I encourage women who take this herb to persevere through this initial phase. This is no quick pharmaceutical fix, but has been like a miracle cure for me. I can honestly say that all negative aspects and symptoms of my periods have reduced by 80 per cent, and I continue to feel more well as each month passes. The blood flow has also decreased dramatically so that I feel my energy levels and physical vitality are really very good. I would recommend this herb for any women experiencing menstrual or hormonal problems.”

Hysterectomy: Melanie's Story

“After years of symptoms that kept getting worse, my doctor told me that if I didn't have a hysterectomy I would get cancer. I was really depressed because friends who have endured this operation have never fully recovered, and their marital relations were adversely affected. Then a friend told me about Maca and showed me an article in your magazine. At first, I didn't really believe anything so simple could be so good, but I started feeling much better after about three weeks of taking it. For the first time in my life I'm having normal periods, and I will never have that awful operation.”

Chronic Fatigue Syndrome: Peggy's Story

“Almost six years ago, I contracted Ross River Fever and was desperately ill for months. Eventually I was diagnosed with Chronic Fatigue Syndrome and nothing brought relief (I tried everything!) until I read about Maca in your wonderful magazine. For the first few weeks I didn't notice any improvement.

“Then I increased my dose to one teaspoon twice a day, and after two weeks I felt human for the first time in years. I just kept getting better every month until now, a year and a half after starting Maca, I am normal again. Chronic Fatigue Syndrome is a terrible affliction, and I wanted to write to you so others will know where to find help. Oh, yes, and I was able to cut my dose down to ‘maintenance’ after two months. What a bargain!”

Hair and Nails: Mindy’s Story

“I first learned about Maca from a woman who had ‘drowned mouse hair’, as she called it. She had been struggling with straight, lifeless hair all her life, having to set it daily in the vain effort to give it body. One day when I was doing her hair (I have been a hairdresser for 15 years), I was amazed to discover that it is now full of pep — it’s stronger, lustrous, and even has a bit of a curl. The upshot is that I’ve lost a client, because all she needs since Maca is an occasional haircut, as she now has ‘wash- and-wear hair’. She doesn't even need to dry it — a towel-rub and a fluff and she’s all set! Needless to say, I started taking this ‘magic powder’ myself and my hair has improved out of sight, as have my fingernails. They used to be pale, and now they’re a healthy pink and growing long for the first time in my life! I've recommended Maca to lots of people, and they are all having great results.”

Osteoporosis: Marilyn’s Story

“About a year and a half ago, when I had a bone scan, they told me I had the bones of an 80 year-old — and I’m only 52! I was really worried, but I certainly didn't want to take oestrogen, because of the side effects. Then I read about Maca in your magazine, and I'm so grateful to you for printing that information.

“The first change I noticed was that my fingernails looked different. They were a very pale colour and they had strange white horizontal marks across them. Somebody told me that meant I had low calcium, but I don't know if that’s right. It wasn’t long before

my nails got pink and healthy looking, and to my amazement they grew long and didn't break off the way they have all my life. I figured that meant I was assimilating my calcium (which I was getting from eating more sardines and vegetables, which I read had calcium in them). This was encouraging and I got the courage to have another bone scan, and my doctor couldn't believe it was possible to have so much improvement. He seemed pretty annoyed when I admitted that I wasn't taking calcium (he was already pretty cross that I wouldn't take oestrogen!), and when I tried to explain that the improvement was caused by a natural herb powder, he didn't want to know! I think I'm going to change doctors!

“Another thing — I don't know what Maca has in it that helps the emotions, but it sure made a change in me. For years I was depressed most of the time (I also refused the Prozac the doctor suggested!), but Maca has lifted my spirits. I'm happy in life, and always laughing. Thank you, for making this big improvement in my life possible. My husband thanks you, too, because I used to be pretty hard to live with!”

Peri menopause: Susan's Story

“The perimenopausal phase began for me five and a half years ago when I was almost 41, and was characterised by irregularly spaced periods, with some continuing daily for months at a time, mood swings including depression; itchy skin; lowered libido; and the occasional hot flush. Then, nine months ago, after not having a period for six months, things became dramatically intensified. Ten searing hot flushes with accompanying sweats a day seemed difficult to endure, but they soon increased in frequency to every half hour, day and night, with the result that any significant sleep became impossible. With almost no sleep and the debilitating effects of the flushes themselves, my quality of life was dwindling and I began to wonder how long I could continue. I had previously not realised that menopause could have such a devastating effect on your body and mind. I almost felt that if life was going to be like this from now on, then it wasn't worth living.

“When I heard about Maca, it seemed like an answer to a prayer, as it has in fact proven to be. Within a week the flushes had reduced significantly, and within eight weeks, they had disappeared entirely. I had to begin with quite a high dosage, and adjust it frequently during the first few months, but I am now comfortable on a quarter of a teaspoon twice daily. Also, within a week, my libido made a strong and welcome return and now the genital atrophy that had occurred has completely reversed. Sleep has become deep and uninterrupted, my energy levels have risen dramatically, my mental acuity has returned, and there have been unexpected side effects, such as better-looking skin and the disappearance of an anal fistula, which had not responded to a barrage of treatments prior to this.”

What An Expert Says:

Naturopath Anita Barry, from Ashmore, Queensland, wrote the following about Maca:

- “A patient with severe osteoporosis was overjoyed when she told me there had been an increase in her bone density after one year on Maca.
- A patient who suffered depression, irritability and severe mood swings reported incredible relief after taking Maca for just a short time.
- A 20 year-old patient, whose periods had ceased two years previously, took Maca and after only two months, her periods returned.
- As a natural health practitioner, I am delighted to discover a safe product that can bring health benefits to so many.”

Extracted from TAKE CONTROL OF YOUR HEALTH AND ESCAPE THE SICKNESS INDUSTRY at www.hippocrates.com.au

Pure Peruvian Maca is available at www.hippocrates.com.au

Vitamin C, Vitamin D and Minerals

VITAMIN C

We have Rose Hips every day.

It's a natural rich organic source of Vitamins C, A, B, E and F. (Essential fatty acids and antioxidants). Gluten-free. No GMO.

And it's a refreshing nutritious drink. Excellent for internal cleansing.

Hippocrates Organic Sun-Dried Rose Hip Tea Cut Granules ("Mosqueta" variety) have a tart, delicious flavour, and are a fine source of Vitamin C. The rose hips are grown in Chile's Southern Andes, one of the last unpolluted regions on Earth.

Put 1-2 teaspoons in a cup. Add hot water. Add honey to taste. (Optional.)

Drink tea hot or cold. Rose Hips may be sprinkled on food, and are excellent for jam.

They can be eaten raw, followed by a glass of water. Or soak seeds for one minute in water to soften, then eat.

Hippocrates 100% Organic Rose Hip Granules contain NO ADDITIVES.

AND – If you can bear the heat (most people can't) – The one best source of Vitamin C is fresh organic red hot chilli peppers. Try blending them with water.

VITAMIN D

Assists in maintenance of general wellbeing.

Helps calcium absorption. Calcium deficiency can lead to osteoporosis. Assists with mineralization of bones and teeth.

Promotes healthy functioning of the immune system.

How much Vitamin D do we need? Some recommend that all adults have 5000 International Units (IUs) or more every day. (In summer, sunshine on the skin may create up to 20,000 IUs per day.)

However, there are older people and persons living in Australia's southern tier (Sydney, Melbourne, Perth, Canberra, Hobart) — who get less than 1000 IUs per day. But — how much do YOU need? Only you can decide. A 25(OH)D blood test by your GP can determine your individual Vitamin D level.

WHY VITAMIN D3 (COLECALCIFEROL)?

There are two major forms of Vitamin D. One is natural; the other is synthetic.

The natural form is Vitamin D3 (colecalfiferol), which is the same vitamin D your body makes when exposed to sunshine.

The synthetic form is Vitamin D2, which is sometimes called ergocalciferol.

Hippocrates Vitamin D3 consist of 1000 IU OF FINE VITAMIN D3 POWDER, SILICA AND MAGNESIUM OXIDE IN EACH 100% ALL- VEGETABLE CAPSULE. NOTHING ELSE.

Available at www.hippocrates.com.au

Vitamin D Promotes Weight Loss

A recent study conducted by researchers from the University of Minnesota found that overweight people are more successful in losing weight when their vitamin D levels are increased. Dr. Shalamar Sibley, the researcher who headed the Study, placed 38 obese men and women on a diet program and discovered that those whose vitamin D levels were increased lost up to a half pound more than those who followed the diet plan only. When combined with a reduced-calorie diet, it appears that supplementation with vitamin D helps to promote increased weight loss among those whose levels are low to begin with.

A 2010 study in the Archives of Internal Medicine found that 75 percent or more of American teens and adults are deficient in vitamin D. Vitamin D deficiency is linked to serious illnesses including cancer, diabetes and heart disease. Researchers in the weight loss study are unsure whether vitamin D deficiency causes obesity or if obesity causes

vitamin D deficiency. Nevertheless, there is a clear connection between the two.

Vitamin D, in conjunction with calcium (from wheatgrass and other green leafy vegetables) and sunlight help to properly assimilate food and regulate normal blood sugar levels. When there is a lack of calcium, often due to a vitamin D deficiency, the body increases production of synthase, a fatty acid enzyme that converts calories into fat. Calcium deficiency can cause synthase production to increase by up to 500 percent, explaining the correlation between low levels of vitamin D and obesity.

Mainstream research has only begun to scratch the surface about the importance of vitamin D in general health maintenance. A clinical study conducted in 2000 revealed that patients who were bound to wheelchairs because of chronic fatigue and body weakness became mobile after just six weeks of supplementation with 50,000 IU of vitamin D per week. Other studies are showing remarkable healing from various diseases when vitamin D is brought up to proper levels.

Although current guidelines suggest daily intake somewhere between 400 and 600 IU, recent research is suggesting that this may be too low. Getting between 4,000 and 10,000 IU a day can have a much more therapeutic effect, boosting health and fending off disease. When natural sunlight is not available, supplementation with vitamin D3 is the next best option.

Vitamin D Lowers Blood Pressure

Vitamin D deficiency may triple a person's risk of high blood pressure, according to a study conducted by researchers from the University of Michigan School of Public Health.

“Our results indicate that early vitamin D deficiency may increase the long-term risk of high blood pressure in women at mid-life,” researcher Flojaune Griffin said.

The researchers recruited 559 Michigan white women between 24 and 44 years old when the study began in 1992. The participants' vitamin D blood levels were measured at the beginning of the study and annually after that for fifteen years.

At the beginning of the study, 5.5 percent of the women who were deficient in vitamin D suffered from high blood pressure, compared with only 2.8 percent of the women who had sufficient levels of the vitamin. At the end of the study in 2007, 10 percent of the women in the deficiency group had high blood pressure, compared with only 3.7 percent in the "sufficient" group.

Vitamin D is known to play a crucial role in producing strong bones and teeth. Research increasingly suggests that it also helps regulate the immune system and protect against cancer, autoimmune disorders and heart disease.

A Vitamin D3 Success Story

I'm 67. For genetic reasons, I'm concerned about prostate cancer and osteoporosis. So, although I do get sun every day, I decided, with my GP's guidance, to have the 25(OH)D blood test.

I was surprised to find that my nmol/l level was only 60. I then, for three months, took 5000 IU of Hippocrates Natural Vitamin D3 every day. As a result, I'm feeling calmer and more energetic, and my sensitive digestion appreciates the fact that Hippocrates D3 contains no additives or fillers.

My second blood test — three months after the first — showed my nmol/l at 150. Of course, I'm very pleased. My doctor has recommended that I remain at 5000 IU every day for the next six months, then have another blood test.

Robert Dwyer, Liverpool, NSW

Another Natural D3 Success Story

Last week I had a blood test to check my Vitamin D level. I have been taking the Hippocrates Natural Vitamin D3 capsules for ninety days, and for the first time the levels rose to a decent level. The doctor was delighted. I told her this must be because I have been taking Hippocrates D3.

I have read many times that it's not at all uncommon for the content of dietary supplements to contain doses less than those indicated on the label.

I can only assume that the other D3 capsules | was taking previously didn't have the indicated amount, or had an additive that inhibited absorption. (I believe this is the case with many supplements.)

I have encouraged three of my family members to start taking your capsules, and I plan to spread the word further.

So hooray for the integrity of Hippocrates!

Angela Johnson, Narrabeen, NSW

MINERALS FOR YOUR THYROID GLAND

Are You Giving Your Thyroid These Nine Essential Minerals?

Did you know your thyroid needs at least nine minerals to function properly?

Decades ago it was believed that iodine was the master mineral for the thyroid. But within the last several years it has become apparent, through research and anecdotal evidence, that there are multiple minerals involved with thyroid hormone production.

In today's modern medical model, doctors treat hypothyroidism with hormone

replacement therapy. However, the patient is most likely lacking the building-block minerals that the thyroid needs to make perfect cells.

Here are the nine minerals we recommend for a healthy thyroid.

1: Iodine

T3 has 3 iodine molecules; T4 has 4. So it's safe to say that the thyroid can't function without iodine. T4 or (thyroxine) is 68 percent iodine by weight, and T3 (triiodothyronine) is 58 percent.

2: Selenium

A necessary cofactor in the production of thyroxine (T4), It also converts T4 to the more active form, T3. A total of eleven selenium-dependent enzymes have been identified as necessary for thyroid function and thyroid hormone production. If you take iodine without selenium, you can cause selenium deficiency. If you take selenium without iodine, you can cause iodine deficiency.

3: Zinc

Required for the synthesis of thyroid hormones. Zinc deficiency can result in hypothyroidism. Thyroid hormones are essential for the absorption of zinc. The hair loss attributed to hypothyroidism may not improve with thyroid hormone replacement unless zinc is added. (The best natural sources of zinc are nuts and seeds.)

4: Molybdenum

Molybdenum-dependent enzymes function in the oxidative system of thyrocytes (thyroid epithelial cells). They also play an important role in T3 (thyroglobulin) release from the thyroid gland.

5: Boron

Helps the conversion of the storage form of thyroid hormone, T4, to T3, the active form.

6: Copper

Plays an important role in the metabolism of the amino acid tyrosine, which is a precursor to T4 (thyroxine).

7: Chromium

Enhances insulin activity, playing a major role in the regulation of insulin release and its effects on carbohydrate, protein and lipid metabolism. Conversion of T4 to T3 is influenced by insulin, so in a roundabout way chromium helps this conversion.

8: Manganese

Required to transport the thyroxine into our cells.

9: Magnesium

Calcium and magnesium must be balanced in the body to ensure proper thyroid function. If there is too much calcium, thyroid hormones can become diminished. Magnesium is the regulator of calcium absorption and utilization.

Schindele's Austrian Powered Minerals contain all nine of these essential thyroid-support minerals. Available at www.hippocrates.com.au.

BORAX FOR YOUR HEALTH, EVERY DAY.

Borax (sodium tetraborate hexahydrate or sodium borate) is a naturally- occurring mineral composed of sodium, boron, oxygen and water. It has been used as a remedy for over 4000 years. Most commercially- produced borax is mined from deposits produced by the repeated evaporation of seasonal lakes. It is found in large quantities in the western United States, around the Mediterranean, in Kazakhstan and Tibet. Boron is an element found within borax.

It is the organic matter in healthy soil that holds the boron. If there is insufficient

organic content in soil, any boron will quickly leach away. Adding soluble nitrogen fertilisers to soils causes them to lose their carbon (organic) content. This means that conventional chemical farming does enormous damage to soil structure. Most of the minerals in soil are gradually depleted, but the most severe effect is on the boron content. Unfortunately it is not possible to spray boron compounds back onto the soil, because they are deadly to ants and some other insects. The best way to restore boron in soil is to add it to compost, and then add the fermented compost back to the soil. This means that most non-organic farms around the world today are severely deficient in boron.

Most people only get between 1.7 and 7 mg of boron per day, mainly from fruits, nuts, legumes and vegetables. This level represents a severe deficiency, with the deficiency being worse for people living in those areas where there is little or no boron in the soil. All conventionally- grown fruit and vegetables are low in boron. An apple grown in a chemically fertilised orchard may contain less than 1 mg of boron. In contrast, an organic apple grown in boron-rich soils may have 20 mg of boron. The traditional French diet provides about 36 mg of boron per day, and other traditional diets using organic (no chemical fertiliser) fruits and vegetables would deliver a similar amount of boron.

Boron concentrates in bone, tooth enamel, nails, the spleen and the parathyroid gland. It is quickly and easily excreted, primarily through the urine. This means a regular dietary source of boron is required, as few reserves are held in the body to cover periods of deficient boron intake.

Borax contains about 11% boron by weight.

Borax's healing and preventative properties

Borax is a potent and effective remedy that deserves to be widely used, and should be in every home. It is so cheap and effective that pharmaceutical companies have done

their utmost to discredit it. They have managed to get it completely banned in Europe. In America and Australia it is banned for therapeutic use, but is still available in the laundry section of supermarkets. However in countries such as China, Japan, Turkey and Russia, where the Western pharmaceutical companies do not have the same power to lobby (bribe, threaten and lie to) lawmakers and regulatory agencies, it is widely used.

A limited amount of boron is absolutely essential for good health. Here are some of its properties (at different concentrations):

- Protects from fluorides. Borax protects against the accumulation of fluorides in the body; is effective as an antidote in fluoride toxicity; and can remove fluorides from the body.
- Anti-microbial. Borax is toxic to some insects such as ants, cockroaches and mites. It also acts against parasites, protozoa and bacteria.
- Fungicide. Effective against moulds and fungi, internally and externally.
- Hormone normaliser. Stimulates the production of hormones, stabilises estrogen, and assists with insulin use and blood glucose control, triglyceride use and production of reactive oxygen. With boron sufficiency, blood serum triglyceride levels are significantly lower. Estrogen replacement therapy may not be necessary.
- Immune system enhancer. Promotes healing of wounds.
- Blood and fluid thinner. Boron helps fluids flow more freely in vessels, capillaries and gaps in joints. Blood flows more freely through fine capillaries, muscles and bones.
- Reduction and control of inflammation.
- Aphrodisiac for men and women. Boron stimulates the production of DHT and testosterone and normalises oestrogen.
- Removes toxins. Chelates heavy metals.
- Stabiliser of calcium, silicon, copper and magnesium levels. Inhibits

calcification.

- Boron sufficiency normalises calcium levels, preventing both abnormal calcium deposition and bone weakness.
- Boron sufficiency inhibits the accumulation of inorganic copper in the bones and prevents loss of bone.
- Boron assists with the assimilation of various minerals, particularly calcium and silicon. Those with insufficient boron in their diets may suffer a variety of bone, skin and connective tissue ailments. Insufficient body silicon is associated with rapid aging.
- Mental enhancement. Improves attention, both short and long-term memory, perception, hand-eye coordination, and manual dexterity.
- Borax is an excellent food preservative. It has strong antifungal properties, killing yeasts in food and preventing the proliferation of moulds and bacteria. It also increases the elasticity and crispiness of foods, and prevents foods from darkening.
- Borax has successfully been used as a remedy for a variety of ailments:
- Rheumatoid arthritis. This is an inflammatory autoimmune disease in which the body attacks its own joints, causing degeneration and deformity. It is more common in women, and can occur at any age. Often it develops into osteoarthritis. Work by
- Roger Wyburn-Mason identified an amoeba in the joint as the cause in certain susceptible people. Boron is an effective treatment.
- Osteoarthritis is a wearing away of the joints, particularly those that have been subject to trauma, infection or over-use when injured. It is more common in men. The cartilage or tough fibrous matter around the joint wears away and the bones rub against each other, causing pain and further permanent damage to the joint.
- Blood lipid disorders, hypertension (high blood pressure), arterial diseases, pyorrhea.
- Cancer. Boron may be a preventative for prostate cancer.

- Antiseptic. Effective for bladder infection and urinary tract infection (UTI). For other infections apply topically or take internally diluted to the recommended dose.
- Spondylitis (arthritis of the spine with inflammation in the joints). Calcium is lost from the spinal vertebrae, leading to fusion and disc degeneration. Spondylitis responds to mineral treatments, particularly boron.
- Gout.
- Systemic lupus erythematosus.

We recommend you take a tiny amount of borax twice each day. Simply wet your fingertip – apply it to your jar of borax – and swallow the small amount left on your fingertip. Never exceed this amount!

In large quantities, borax can kill! (But, then, so can table salt.)

We have used borax for years, and recommend Harper's Borax, available at some grocers.

MAGNESIUM CHLORIDE

Magnesium is a miracle mineral in its healing effect and its ability to rejuvenate the body. We know that it is essential for many enzyme reactions (especially in regard to cellular energy production), for the health of the brain and nervous system, and also for healthy teeth and bones. However, many are not aware that – in the form of magnesium chloride – it is also an impressive infection fighter.

The first prominent researcher to investigate and promote the antibiotic effects of magnesium was a French surgeon, Prof. Pierre Delbet. In 1915 he was looking for a safe solution to cleanse wounds of soldiers, because he had found that orthodox antiseptics actually damaged tissues and encouraged infections instead of preventing them. In all of his tests, magnesium chloride solution proved by far the best answer. Not only was it harmless for tissues, but it also greatly increased leucocyte activity and phagocytosis (the destruction of microbes).

After World War I, Prof. Delbet performed experiments with internal applications of magnesium chloride, and found it to be a powerful immune stimulant. In his experiments, phagocytosis increased by up to 333%. This means that, after magnesium chloride intake, the same number of white blood cells destroyed up to three times more microbes than beforehand.

Over the years, Prof. Delbet found magnesium chloride to be helpful in a wide range of diseases. These included diseases of the digestive tract such as colitis and gall bladder problems, Parkinson's disease, tremors and muscle cramps; acne, eczema, psoriasis, warts and itching skin; impotence, prostatic hypertrophy, cerebral and circulatory problems; asthma, hay fever, urticaria and anaphylactic reactions. Hair and nails became stronger and healthier, and patients also had more energy.

Prof. Delbet also found an excellent preventative effect on cancer, and in addressing precancerous conditions. (Epidemiological studies have since confirmed that regions with magnesium-rich soil have a lower cancer rate than those deficient in magnesium.)

Another French doctor, A. Neveu, found magnesium chloride helpful with polio, asthma, bronchitis, pneumonia, emphysema, pharyngitis, tonsillitis, hoarseness, common cold, influenza, whooping cough, measles, rubella, mumps, scarlet fever; poisoning, gastroenteritis, boils, abscesses, infected wounds and osteomyelitis.

In more recent years Dr Raul Vergini and others have confirmed these earlier results and have also addressed acute asthma attacks, shock, tetanus, herpes zoster, acute and chronic conjunctivitis, optic neuritis, rheumatic diseases, chronic fatigue syndrome and cancer. In all of these cases magnesium chloride gave much better results than other magnesium compounds.

Magnesium for Nerves

Magnesium has a calming effect on the nervous system, and is frequently used to promote sleep. But, more importantly, it can be used to calm irritated and over-excited people. This is especially useful with epileptic seizures, convulsions in pregnant women and the 'shakes' in alcoholism. Magnesium levels are generally low in alcoholics, contributing to, or causing many of their health problems. If magnesium levels are low, the nerves lose control over muscle activity, respiration and mental processes. Nervous fatigue, tics and twitches, tremors, irritability, hypersensitivity, muscle spasms, restlessness, anxiety, confusion, disorientation and irregular heartbeat all respond to increased magnesium levels. A common phenomenon of magnesium deficiency is a sharp muscle reaction to an unexpected loud noise. 'Memory pills' have been marketed that consist mainly of magnesium.

Many of the symptoms of Parkinson's disease can be overcome with high magnesium supplementation. Shaking can be prevented and rigidity eased. Pregnant women often develop convulsions, nausea, dizziness and headaches. In hospitals this is treated with magnesium infusions. Because of its strong relaxing effect, magnesium helps not only to sleep, but also headaches and migraines. Even the number of suicides is linked to magnesium deficiency. The lower the magnesium content in soil and water in a given region, the higher the rate of suicides.

Epilepsy is marked by abnormally low magnesium levels in the blood, spinal fluid and brain, causing hyperexcitability in regions of the brain. There are many reported cases of epilepsy greatly improving with magnesium supplementation. In a trial with 30 epileptics, 450 mg of magnesium supplied daily successfully controlled seizures. Another study found that the lower the magnesium blood levels, the more severe the epilepsy. In sufficient concentrations, magnesium inhibits convulsions by limiting or slowing the spread of the electric discharge from an isolated group of brain cells to the rest of the brain. Animal studies show that even the initial burst of firing nerve cells that starts an epileptic attack can be suppressed with magnesium.

Magnesium for the Heart

Adequate levels of magnesium are essential for the heart. Those who die from heart attacks have very low magnesium, plus high calcium levels in the heart. Patients with coronary heart disease who have been treated with large amounts of magnesium survived better than those with drug treatment. Magnesium dilates the arteries of the heart and lowers cholesterol and fat levels.

High calcium levels, on the other hand, constrict the heart arteries and increase the risk of heart attacks. Calcium deposits in the walls of the arteries contribute to the development of arteriosclerosis. The arteries become hard and rigid, thereby restricting the blood flow and causing high blood pressure. In addition, such inelastic blood

vessels may easily rupture and cause strokes. Countries with the highest calcium to magnesium ratios (high calcium and low magnesium levels) in soil and water have the highest incidence of cardiovascular disease. At the top of the list is Australia.

Worldwide, the intake of magnesium has been lowered and that of calcium increased because of the heavy use of fertilisers high in calcium and low in magnesium. With this, the intake of magnesium from our food has steadily decreased in the last fifty years, while the use of calcium-rich fertilisers and cardiovascular disease have greatly increased at the same time.

Diabetics are prone to atherosclerosis, fatty degeneration of the liver and heart disease. Diabetics have low magnesium tissue levels. They often develop eye problems such as retinopathy. Diabetics with the lowest magnesium levels had the most severe retinopathy. The lower the magnesium content of their water, the higher the death rate of diabetics from cardiovascular disease. In an American study, the death rate due to diabetes was four times higher in areas with low magnesium water levels.

Magnesium for Healthy Bones and Teeth

Medical authorities claim that the widespread incidence of osteoporosis and tooth decay in Western countries can be prevented with high calcium intake. However, published evidence reveals that the opposite is true. Asian and African populations with very low intake (300mg of calcium) daily have very little osteoporosis. Bantu women with an intake of 200 to 300 mg of calcium daily have the lowest incidence of osteoporosis in the world. In Western countries, due to a high intake of dairy products, the average calcium intake is about 1000 mg. The higher the calcium intake, especially in the form of cow's milk products (except butter) the higher the incidence of osteoporosis.

Calcium, magnesium and phosphorus levels are kept in a seesaw balance by the parathyroid hormones. If calcium goes up, magnesium goes down and vice versa. With a low magnesium intake, calcium exits the bones to increase tissue levels, while a high magnesium intake causes calcium to exit the tissues into the bones. A high phosphorus intake without a high calcium or magnesium intake causes calcium to leach from the bones and exit the body in the urine. A high phosphorus intake with high calcium and magnesium leads to bone mineralisation.

Dr Lewis Barnett, an orthopaedic surgeon, practised in two different U.S. counties with very different soil and water mineral levels. In Dallas County, with a high calcium and low magnesium concentration, osteoporosis and hip fractures were common, while in Hereford County, with high magnesium and low calcium these were nearly absent. In Dallas County, the magnesium content of bones was 0.5%, while in Hereford County it was 1.76%. In another comparison the magnesium content in bones of osteoporosis sufferers was 0.62%, while in healthy individuals it was 1.26%.

The same applies for healthy teeth. In a New Zealand study it was found that caries-resistant teeth had on average twice the amount of magnesium as caries-prone teeth. The average concentration of magnesium phosphate in bones is about 1%, in teeth about 1.5%, in elephant tusks 2% and, in the teeth of carnivorous animals designed to crush bones, it is 5%. In regard to the strength of bones and teeth, think of calcium as chalk and of magnesium as superglue. The magnesium superglue binds and transforms the chalk into superior bones and teeth.

Cancer and Ageing

Many studies have shown an increased cancer rate in regions with low magnesium levels in soil and drinking water. In Egypt the cancer rate was only about 10% of that in Europe and America. Among the rural fellahin it was almost non-existent. The main

difference was an extremely high magnesium intake of 2.5g per day in these cancer-free populations, ten times more than in most Western countries.

Dr A Seeger and Dr Johanna Budwig in Germany have shown that cancer is mainly the result of faulty energy metabolism in the powerhouses of the cells, the mitochondria. A similar decline in energy production takes place when we age. The great majority of enzymes involved in the production of energy require magnesium. A healthy cell has high magnesium and low calcium levels. Up to 30% of the energy of cells is used to pump calcium out of the cells. The higher the calcium level and the lower the magnesium level in the extra-cellular fluid, the harder it is for cells to pump the calcium out. The result is that with low magnesium levels the mitochondria gradually calcify and energy production decreases. We may say that our biochemical age is determined by the ratio of magnesium to calcium within our cells. Tests with chronic fatigue syndrome showed that magnesium supplementation resulted in better energy levels.

We use our muscles by selectively contracting them. On the biochemical level, muscle contraction is triggered by calcium ions flowing into muscle cells. To relax the muscle calcium is pumped out again. However, as we age, more and more calcium remains trapped in the muscles and these become more or less permanently contracted, leading to increasing muscle tension and spasms. Together with calcification of the joints, this is the typical rigidity and inflexibility of old age. The higher our intake of calcium relative to magnesium, the faster we calcify and age. Most of the excess calcium in our diet ends up in our soft tissues and around joints leading to calcification with arthritic deformations, arteriosclerosis, cataracts, kidney stones and senility. Dr Hans Selye proved experimentally that biochemical stress can lead to the pathological calcification of almost any organ. The more stress, the more calcification, the more rapid the aging.

The Rejuvenation Mineral

In addition to its anti-microbial and immune-stimulating properties, both magnesium as well as chloride have other important functions in keeping us young and healthy. Chloride, of course, is required to produce a large quantity of gastric acid each day and is also needed to stimulate starch-digesting enzymes. Magnesium is the mineral of rejuvenation, and prevents the calcification of our organs and tissues that is characteristic of old-age related degeneration of our body.

Using other forms of magnesium is less advantageous, because these have to be converted into chlorides in the body anyway. If we take magnesium as oxide or carbonate, we then need to produce additional hydrochloric acid to absorb the magnesium. Many ageing individuals, especially those with chronic diseases who desperately need more magnesium, cannot produce sufficient hydrochloric acid, and then cannot absorb the oxide or carbonate.

Epsom salt is magnesium sulphate. It is soluble but not well-absorbed, and acts mainly as a laxative. Chelated magnesium is well absorbed but much more expensive, and lacks the beneficial contribution of the chloride ions. Orotates are acceptable, but very expensive for the amount of magnesium that they provide, and both orotates and chelates seem to lack the infection-fighting potential of magnesium chloride.

Calcium and magnesium are opposites in their effects on our body structure. As a general rule, the softer our body structure the more we need calcium, while the more rigid and inflexible it is, the less calcium and the more magnesium we need. Magnesium may reverse the age-related degenerative calcification of our body structure and with this help us to rejuvenate.

Young women, children and babies have soft body structures and smooth skin with low calcium and high magnesium levels in their cells and soft tissues. This is the biochemistry of youth.

As we age, we become more and more inflexible. The arteries harden to cause arteriosclerosis, the skeletal system calcifies to cause rigidity with fusion of the spine and joints, kidneys and other organs and glands increasingly calcify and harden with stone formation, calcification in the eyes causes cataracts, and even the skin hardens, becoming tough and wrinkled. In this way calcium is in the same league as oxygen and free radicals, while magnesium works with hydrogen and antioxidants to keep our body structure soft.

A gynaecologist reported that among the first organs to calcify are the ovaries, leading to pre-menstrual tension. When he put his patients on a high magnesium intake, their PMT vanished and they felt and looked much younger. Most of these women said that they lost weight, increased their energy, felt less depressed and enjoyed sex much more than before. For men it is equally beneficial for problems arising from an enlarged prostate gland. Symptoms commonly disappear after a period of supplementation with magnesium chloride.

Increased magnesium intake has also been shown to be an effective way to prevent kidney stones and gallstones. Food enzymes and increased bile production help restore a healthy intestine, normalise our digestive processes and reduce digestive discomfort, bloating and offensive stool odours. This is consistent with a reduction of offensive body odours, including underarm and foot odour.

Prof. Delbet gave magnesium chloride solution routinely to his patients with infections and for several days before any planned surgery, and was surprised by many of these patients experiencing euphoria and bursts of energy. Magnesium chloride also has a specific action on the tetanus virus and its effects on the body. It even seems to be protective against snakebites. Guinea pigs did not die after normally lethal injections of snake venom and a rabbit survived a poisonous snakebite when given magnesium chloride solution.

In addition to being the most essential mineral in our cellular energy production, magnesium is also needed for the ingested B-vitamins to become metabolically active. Magnesium is also essential for the synthesis of nucleic acids, for cell division to occur, for DNA and RNA synthesis of our genetic material and for protein as well as fatty acid synthesis. Unfortunately magnesium deficiency at a cellular level (where it counts) is not easy to diagnose, as serum magnesium levels do not correlate to muscle or cellular magnesium levels. Instead of trying difficult tissue magnesium analysis to find out if your health problems may be due to low magnesium levels, it is much easier and more effective to take more magnesium and see what happens.

Rejuvenation by ingesting more magnesium is a slow process, especially as the amount of magnesium that we can take is limited by its laxative effect and the need to keep it in a reasonable balance with calcium and phosphorus intake. The other problem is that spastic muscles have poor blood and lymph circulation, which makes it difficult for ingested magnesium to dissolve and flush out the tissue and joint calcifications. Therefore, we can greatly speed up the rejuvenation process by increasing the circulation through contracted muscles with deep tissue massage, hot and cold-water applications, relaxation exercises, and packs and rubs with magnesium chloride.

How much?

Magnesium chloride contains about 120 mg of magnesium per gram or 600 mg per rounded teaspoon. It has a mild laxative effect. As a maintenance intake, you may take 1/2 teaspoon (2.5 grams) twice daily with meals. With raised blood pressure and symptoms of magnesium deficiency, you may increase this to 1 teaspoon twice daily. We recommend that you take enough to cause your bowels to move easily, but not excessively.

Individuals with very sensitive taste buds may start using it in tiny amounts mixed with strongly flavoured food and increase doses very gradually. Alternatively, drink it in one gulp dissolved in water while pinching your nose and quickly drink something pleasant afterwards. With acute infections, dissolve 40g (8 rounded teaspoons) in 1 litre of water.

For daily use it may be more convenient as well to dissolve the magnesium chloride in water. (What some call “Magnesium Oil” is simply magnesium chloride dissolved in water.)

You may dissolve 1/2 teaspoon of magnesium chloride in a cup of water or, more accurately, 2.5g in 250 ml of water. This, or a more concentrated solution, may also be used as a pack over tumours and infected, inflamed, painful, stiff or calcified joints, muscles, adhesions or scar tissue. It is also excellent as a back rub and to relax tense muscles anywhere and even to rejuvenate ageing skin. For sensitive skin use it in a diluted form. On wounds it has been used in a 4% solution: 4g of MgCl in 100 ml of water.

You may also use “Magnesium Oil” for brushing the teeth, and as an underarm and foot deodorant.

For quickest results with insensitive skin use a friction massage: rub hard enough so that the skin becomes hot and red. After doing this for several days a rash may develop over the area and the skin becomes very sensitive. When this happens moisten the skin lightly with a much diluted magnesium chloride solution. Repeat the rubbing if necessary after the skin has healed.

For muscle relaxation in massage, add magnesium chloride to coconut oil, then apply on skin.

Magnesium supplementation should be avoided with severe kidney problems (renal insufficiency), and also with myasthenia gravis. For those with severe adrenal weakness or with very low blood pressure, begin with very low MgCl intake, and increase intake slowly.

Deficiency Symptoms and Increased Requirements:

CIRCULATION:

Angina, arteriosclerosis/atherosclerosis, high blood pressure, cholesterol, heart infarcts, hypertension, strokes, tachycardia (fast pulse), thrombosis.

DIGESTIVE SYSTEM:

Colic, constipation, chronic diarrhoea, malabsorption, pancreatitis.

MUSCLES:

Backache, convulsions, cramps, increased excitability/jumpiness, numbness, nystagmus (rapid eye movements), spasms, tense/tight muscles, tingling, tremors.

NERVOUS SYSTEM:

Apathy, confusion, depression, disorientation, epilepsy, hallucinations, irritability, mental illness, multiple sclerosis, nervousness, neuritis paranoia, Parkinson's disease, poor memory, senility.

GENERAL:

Alcoholism, arthritis, body odours, broken bones, calcification in any organ, cancer, chronic fatigue syndrome, diabetes, headaches, infections and inflammations, liver cirrhosis, lupus erythematosus, migraines, old age, prostate problems, rickets, mental and physical rigidity, wrinkled skin, stiffness, gall or kidney stones, overactive thyroid.

Hippocrates Pure Organic Food-Grade Magnesium Chloride is 100% magnesium chloride, derived from sea water, custom-manufactured to our strict specifications.

NOTHING ELSE.

IODINE

by Donald W Miller, Jr, MD

There is growing evidence that Americans would have better health and a lower incidence of cancer and fibrocystic disease of the breast if they consumed more iodine. A decrease in iodine intake coupled with an increased consumption of competing halogens, (fluoride and bromide,) has created an epidemic of iodine deficiency in America. People in the U.S. consume an average 240 micrograms (μg) of iodine a day. In contrast, people in Japan consume more than 12 milligrams (mg) of iodine a day (12,000 μg), a 50-fold greater amount. They eat seaweed, which include brown algae (kelp), red algae (nori sheets, with sushi), and green algae (chlorella). Compared to terrestrial plants, which contain only trace amounts of iodine (0.001 mg/gm), these marine plants have high concentrations of this nutrient (0.5–8.0 mg/gm). When studied in 1964, Japanese seaweed consumption was found to be 4.5 grams (gm) a day and that eaten had a measured iodine concentration of 3.1 mg/gm of seaweed (= 13.8 mg of iodine). According to public health officials, mainland Japanese now consume 14.5 gm of seaweed a day (= 45 mg of iodine, if its iodine content, not measured, remains unchanged). Researchers have determined that residents on the coast of Hokkaido eat a quantity of seaweed sufficient to provide a daily iodine intake of 200 mg a day. Saltwater fish and shellfish contain iodine, but one would have to eat 15–25 pounds of fish to get 12 mg of iodine.

Health comparisons between the two countries are disturbing. The incidence of breast cancer in the U.S. is the highest in the world, and in Japan, until recently, the lowest. Japanese women who emigrate from Japan or adopt a Western diet have a higher rate of breast cancer compared with those who consume seaweed. Life expectancy in the U.S. is 77.85 years, 48th in 226 countries surveyed. It is 81.25 years in Japan, the highest of all industrialized countries and only slightly behind the five leaders – Andorra, Macau, San Marino, Singapore, and Hong Kong. The infant mortality rate in

Japan is the lowest in the world, 3.5 deaths under age one per 1,000 live births, half the infant mortality rate in the United States.

Today 1 in 7 American women (almost 15 percent) will develop breast cancer during her lifetime. Thirty years ago, when iodine consumption was twice as high as it is now (480 μg a day) 1 in 20 women developed breast cancer. Iodine was used as a dough conditioner in making bread, and each slice of bread contained 0.14 mg of iodine. In 1980, bread makers started using bromide as a conditioner instead, which competes with iodine for absorption into the thyroid gland and other tissues in the body. Iodine was also more widely used in the dairy industry thirty years ago than it is now.

Now iodized table salt is the chief source of iodine in the Western diet. But 45 percent of American households buy salt without iodine, which grocery stores also sell. And over the last three decades people who do use iodized table salt have decreased their consumption of it by 65 percent. Furthermore, the much higher concentrations of chloride in salt (NaCl) inhibits absorption of its sister halogen iodine (the intestines absorb only 10 percent of the iodine present in iodized table salt). As a result, 15 percent of the U.S. adult female population suffers from moderate to severe iodine deficiency, which health authorities define as a urinary iodine concentration less than 50 μg /L. Women with goiters (a visible, noncancerous enlargement of the thyroid gland) owing to iodine deficiency have been found to have a three times greater incidence of breast cancer. A high intake of iodine is associated with a low incidence of breast cancer, and a low intake with a high incidence of breast cancer.

Animal studies show that iodine prevents breast cancer, arguing for a causal association in these epidemiological findings. The carcinogens nitromethylurea and DMBA cause breast cancer in more than 70 percent of female rats. Those given iodine, especially in its molecular form as I_2 , have a statistically significant decrease in incidence of cancer. Other evidence adding biologic plausibility to the hypothesis that iodine prevents breast cancer includes the finding that the ductal cells in the breast, the ones most likely to

become cancerous, are equipped with an iodine pump (the sodium iodine symporter, the same one that the thyroid gland has) to soak up this element.

Similar findings apply to fibrocystic disease of the breast. The incidence of fibrocystic breast disease in American women was 3 percent in the 1920s. Today, 90 percent of women have this disorder, manifested by epithelial hyperplasia, apocrine gland metaplasia, fluid filled cysts, and fibrosis. Six million American women with fibrocystic disease have moderate to severe breast pain and tenderness that lasts more than 6 days during the menstrual cycle.

In animal studies, female rats fed an iodine-free diet develop fibrocystic changes in their breasts, and iodine in its elemental form (I₂) cures it. Russian researchers first showed, in 1966, that iodine effectively relieves signs and symptoms of fibrocystic breast disease. Vishniakova and Muraveva treated 167 women suffering from fibrocystic disease with 50 mg KI during the intermenstrual period and obtained a beneficial healing effect in 71 percent.

Then Ghent and coworkers, in a study published in the *Canadian Journal of Surgery* in 1993, likewise found that iodine relieves signs and symptoms of fibrocystic breast disease in 70 percent of their patients. This report is a composite of three clinical studies, two case series done in Canada in 696 women treated with various types of iodine, and one in Seattle. The Seattle study, done at the Virginia Mason Clinic, is a randomized, double-blind, placebo-controlled trial of 56 women designed to compare 3–5 mg of elemental iodine (I₂) to a placebo (an aqueous mixture of brown vegetable dye with quinine). Investigators followed the women for six months and tracked subjective and objective changes in their fibrocystic disease.

A statistical analysis of the Seattle study (enlarged to include 92 women) was done, which shows that iodine has a highly statistically significant beneficial effect on fibrocystic disease ($P < 0.001$). Iodine reduced breast tenderness, nodularity, fibrosis,

turgidity, and number of macrocysts, the five parameters in a total breast examination score that a physician blinded to what treatment the woman was taking, iodine or placebo, measured. This 36-page report, now available online, was submitted to the Food and Drug Administration (FDA) in 1995 seeking its approval to carry out a larger randomized controlled clinical trial on iodine for treating fibrocystic breast disease. It declined to approve the study, telling its lead investigator, Dr. Donald Low, "iodine is a natural substance, not a drug." But the FDA has now decided to approve a similar trial sponsored by Symbollon Pharmaceuticals. This company is enrolling 175 women in a phase III trial, registered on clinicaltrials.gov.

Most physicians and surgeons view iodine from a narrow perspective. It is an antiseptic that disinfects drinking water and prevents surgical wound infections, and the thyroid gland needs it to make thyroid hormones – and that's it. (When painted on the skin prior to surgery, tincture of iodine kills 90 percent of bacteria present within 90 seconds.) The thyroid gland needs iodine to synthesize thyroxine (T4) and triiodothyronine (T3), hormones that regulate metabolism and steer growth and development. T4 contains four iodine atoms combined with 27 other atoms of carbon, hydrogen, oxygen, and nitrogen, but owing to its large size accounts for 65 percent of the molecule's weight. (T3 has three iodine atoms.) The thyroid needs only a trace amount of iodine, 70 µg a day, to produce the requisite amount of T4 and T3. For that reason thyroidologists say that iodine is best taken just in microgram amounts. They consider consuming more than 1 to 2 mg of iodine a day to be excessive and potentially harmful.

Expert opinion on iodine is now the purview of thyroidologists. Mainstream physicians and surgeons accept their thyroid-only view of iodine and either ignore or discount studies that show iodine in larger amounts provides extrathyroidal benefits, particularly for women's breasts.

Iodine has an important and little-understood history. This relatively scarce element has played a pivotal role in the formation of our planet's atmosphere and in the evolution of life. For more than two billion years there was no oxygen in the atmosphere until a new kind of bacteria, cyanobacteria (blue-green algae), began producing oxygen as a byproduct of photosynthesis. Cyanobacteria also developed an affinity for iodine. The most likely reason is that these organisms used iodine as an antioxidant to protect themselves against the free radicals that oxygen breeds (superoxide anion, hydrogen peroxide, and hydroxyl radical). Studying kelp, researchers have shown how iodine does this and have found that kelp will absorb increased amounts of iodine when placed under oxidative stress. Other researchers have shown that iodine increases the antioxidant status of human serum similar to that of vitamin C.

Iodine also induces apoptosis, programmed cell death. This process is essential to growth and development (fingers form in the fetus by apoptosis of the tissue between them) and for destroying cells that represent a threat to the integrity of the organism, like cancer cells and cells infected with viruses. Human lung cancer cells with genes spliced into them that enhance iodine uptake and utilization undergo apoptosis and shrink when given iodine, both when grown *in vitro* outside the body and implanted in mice. Its anti-cancer function may well prove to be iodine's most important extrathyroidal benefit.

Iodine has other extrathyroidal functions that require more study. It removes chemicals – fluoride, bromide, lead, aluminium, mercury – and biological toxins, suppresses autoimmunity, strengthens the T-cell adaptive immune system, and protects against abnormal growth of bacteria in the stomach.

In addition to the thyroid and mammary glands, other tissues possess an iodine pump (the sodium/iodine symporter). Stomach mucosa, the salivary glands and lactating mammary glands can concentrate iodine almost to the same degree as the thyroid gland (40-fold greater than its concentration in blood). Other tissues that have this pump

include the ovaries; thymus gland, seat of the adaptive immune system; skin; choroid plexus in the brain, which makes cerebrospinal fluid; and joints, arteries and bone.

Today's medical establishment is wary of iodine (as they are of most naturally occurring, nonpatentable, nonpharmaceutical agents). Thyroidologists cite the *Wolff-Chaikoff effect* and warn that TSH (thyroid stimulating hormone) blood levels can rise with an iodine intake of a milligram or more. The Wolff-Chaikoff effect, a temporary inhibition of thyroid hormone synthesis that supposedly occurs with increased iodine intake, is of no clinical significance. And an elevated TSH, when it occurs, is "subclinical." This means that no signs or symptoms of hypothyroidism accompany its rise. Some people taking milligram doses of iodine, usually more than 50 mg a day, develop mild swelling of the thyroid gland without symptoms. The vast majority of people, 98 to 99 percent, can take iodine in doses ranging from 10 to 200 mg a day without any clinically adverse affects on thyroid function. The prevalence of thyroid diseases in the 127 million people in Japan who consume high amounts of iodine is not much different than that in the U.S.

Everyone agrees that a lack of iodine in the diet causes a spectrum of disorders that includes, in increasing order of severity, goiter and hypothyroidism, mental retardation, and cretinism (severe mental retardation accompanied by physical deformities). Health authorities in the U.S. and Europe have agreed upon a Reference Daily Intake (RDI), formerly called the Recommended Dietary Allowance (RDA), for iodine designed to prevent these disorders, which the World Health Organization (WHO) estimates afflicts 30 percent of the world's population. The RDI for iodine, first proposed in 1980, is 100–150 µg/day. Organizations advocating this amount include the American Medical Association, National Institutes of Health's National Research Council, Institute of Medicine, United Nations Food and Agricultural Organization, WHO Expert Committee, and the European Union International Programme on Chemical Safety. These health authorities consider an RDI of 100–150 µg/day of iodine sufficient to meet the requirements of nearly all (97–98%) healthy individuals.

This orthodox consensus on iodine intake flies in the face of evidence justifying a higher amount. This evidence includes animal studies, *in vitro* studies on human cancer cell lines, clinical trials of iodine for fibrocystic breast disease, and epidemiological data. An intake of 150 µg/day of iodine will prevent goiters and the other recognized iodine deficiency disorders, but not breast disease. Prevention of breast disease requires higher doses of iodine. Indeed, a reasonable hypothesis is that, like goiters and cretinism, fibrocystic disease of the breast and breast cancer are iodine deficiency disorders (also uterine fibroids).

What Albert Guérard writes about new truths applies especially to iodine: "When you seek a new path to truth, you must expect to find it blocked by expert opinion." The reigning truth on iodine is that the thyroid gland is the only organ in the body that requires this micronutrient, and a daily intake considerably more than what the thyroid gland needs is potentially harmful. The new truth is that the rest of the body also needs iodine, in milligram, not microgram amounts. Tell that to a thyroidologist and her response will call to mind this admonition on new truths.

These are the four most common formulations of inorganic (nonradioactive) iodine, as iodide (I-), and with or without molecular iodine (I₂): Potassium iodide (KI) tablets, in doses ranging from 0.23 to 130 mg; super saturated potassium iodide (SSKI), 19–50 mg of iodide per drop; Lugol's solution, 6.3 mg of molecular iodine/iodide per drop; and Iodoral, each tablet containing 12.5 mg iodine/iodide. Both Lugol's solution and Iodoral are one-third molecular iodine (5%) and two-thirds potassium iodide (10%). Studies done to date indicate that the best iodine supplement is one that includes molecular iodine (I₂), which breast tissue prefers.

Iodine was used for a wide variety of ailments after its discovery in 1811 up until the mid-1900s, when thyroidologists warned that "excess" amounts of iodine might adversely affect thyroid function. It is effective in gram amounts for treating various

dermatologic conditions, chronic lung disease, fungal infestations, tertiary syphilis, and even arteriosclerosis. The Nobel laureate Dr. Albert Szent Györgi (1893–1986), the physician who discovered vitamin C, writes: "When I was a medical student, iodine in the form of KI was the universal medicine. Nobody knew what it did, but it did something and did something good. We students used to sum up the situation in this little rhyme:

If ye don't know where, what, and why Prescribe ye then K and I"

The standard dose of potassium iodide given was 1 gram, which contains 770 mg of iodine.

Regarding KI and other iodine salts (like sodium iodide), the venerated 11th edition of the *Encyclopedia Britannica*, published in 1911, states, "Their pharmacological action is as obscure as their effects in certain diseased conditions are consistently brilliant. Our ignorance of their mode of action is cloaked by the term de-obstruent, which implies that they possess the power of driving out impurities from the blood and tissues. Most notably is this the case with the poisonous products of syphilis. In its tertiary stage – and also earlier – this disease yields in the most rapid and unmistakable fashion to iodides, so much so that the administration of these salts is at present the best means of determining whether, for instance, a cranial tumour be syphilitic or not."

This 19th and early 20th century medicine continues to be used in gram amounts in the 21st century by dermatologists. They treat inflammatory dermatoses, like nodular vasculitis and pyoderma gangrenosum with SSKI, beginning with an iodine dose of 900 mg a day, followed by weekly increases up to 6 grams a day as tolerated. Fungal eruptions, like sporotrichosis, are treated initially in gram amounts with great success. These lesions can disappear within two weeks after treatment with iodine.

For many years physicians used potassium iodide in doses starting at 1.5 to 3 gm and up to more than 10 grams a day, on and off, to treat bronchial asthma and chronic obstructive pulmonary disease with good results and surprisingly few side effects.

There is a case report in the medical literature of a 54-year-old man who, thinking it was iced tea, drank a "home preparation" of SSKI in water that his aunt kept in the refrigerator for her rheumatism. Over a short period of time he consumed 600 ml of this solution, which contained 15 gm of iodide, an amount 100,000 times more than the RDI. He developed swelling of the face, neck, and mouth, had transient cardiac arrhythmias and made an uneventful recovery.

Dr. Guy Anderson, a former professor of obstetrics and gynaecology at UCLA, mounted what he calls "The Iodine Project" in 1997 after he read the Ghent paper on iodine for fibrocystic disease. He had his company, Optimox Corp., make Iodoral, the tablet form of Lugol's solution, and he engaged two family practice physicians, Dr. Jorge Flechas (in 2000) in North Carolina and Dr. David Brownstein (in 2003) in Michigan to carry out clinical studies with it.

The project's hypothesis is that maintaining whole body sufficiency of iodine requires 12.5 mg a day, an amount similar to what the Japanese consume. The conventional view is that the body contains 25–50 mg of iodine, of which 70–80 percent resides in the thyroid gland. Dr. Abraham concluded that whole body sufficiency exists when a person excretes 90 percent of the iodine ingested. He devised an iodine-loading test where one takes 50 mg and measures the amount excreted in the urine over the next 24 hours. He found that the vast majority of people retain a substantial amount of the 50 mg dose. Many require 50 mg a day for several months before they will excrete 90 percent of it. His studies indicate that, given a sufficient amount, the body will retain much more iodine than originally thought, 1,500 mg, with only 3 percent of that amount held in the thyroid gland.

More than 4,000 patients in this project take iodine in daily doses ranging from 12.5 to 50 mg, and in those with diabetes, up to 100 mg a day. These investigators have found that iodine does indeed reverse fibrocystic disease; their diabetic patients require less

insulin; hypothyroid patients, less thyroid medication; symptoms of fibromyalgia resolve, and patients with migraine headaches stop having them. To paraphrase Dr. Szent-Györgi, these investigators aren't sure how iodine does it, but it does something good.

Thyroid function remains unchanged in 99 percent of patient's Untoward effects of iodine, allergies, swelling of the salivary glands and thyroid, and iodism, occur rarely, in less than 1 percent. Iodine removes the toxic halogens fluoride and bromide from the body. Iodism, an unpleasant brassy taste, runny nos, and acne-like skin lesions, is caused by the bromide that iodine extracts from the tissues. Symptoms subside on a lesser dose of iodine.

As these physicians point out, consuming iodine in milligram doses should, of course, be coupled with a complete nutritional program that includes adequate amounts of selenium, magnesium, and Omega-3 fatty acids. Done this way, an iodine intake 100 times the reference daily intake is "the simplest, safest, most effective and least expensive way to help solve the health care crisis crippling our nation," as the leader of The Iodine Project, Dr. Abraham, puts it.

People who take iodine in these amounts report that they have a greater sense of well being, increased energy, and a lifting of brain fog. They feel warmer in cold environments, need somewhat less sleep, improved skin complexion, and have more regular bowel movements. These purported health benefits need to be studied more thoroughly, as do those with regard to fibrocystic breast disease and cancer.

Meanwhile, perhaps we should emulate the Japanese and substantially increase our iodine intake, if not with seaweed, then with two drops of Lugol's Solution (or one Iodoral tablet) a day.

We enjoy Atlantic Dulse Powder, and our Sea Vegetable Designer Blend, as tasty sources of iodine.

Dulse is extremely nutrient-rich. It contains alpha-carotene, beta-carotene, calcium, chromium, cobalt, iodine, iron, lutein, manganese, niacin, phosphorous, potassium, riboflavin, selenium, silicon, sodium, tin, vitamin C, zeaxanthin, and zinc.

As a seaweed, dulse is very rich in iodine, easily meeting your daily requirements in as little 1 gram. One gram of dulse powder contains 150-300 micrograms of iodine.

Dulse is harvested in the traditional way from the cold, clean North Atlantic Ocean.

You may have Organic Dulse as a tea, or sprinkled on dishes such as salads, soups and pasts.

Available at www.hippocrates.com.au

Hippocrates Unique Designer Blend Sea Vegetables (wakame, kombu, nori, hijiki) are also available.

ZINGIBER ZERUMBET SMITH

This amazing herb, which takes many years to mature in the unique soil of an outer Vanuatu island, is finally available in Australia.

During a woman's disastrous experience with the poisonous so-called skin cancer cure, Aldara, she lost huge chunks of hair. Zingiber Zerumbet-Smith brought all of it back, and, after a lifetime of straight hair, actually made it curly and much thicker. We deduced that any herb that could have such an effect on hair, as well as fingernails (hers got much stronger on the powder) must have other wonderful effects on the body. We believe this herb is one reason she is still alive after being poisoned by Aldara.

Zingiber Zerumbet-Smith has been found to:

- Suppress free radical generation
- Be anti-inflammatory
- Suppress cancer cell proliferation accompanied by apoptosis
- Counter HIV activity
- Address leukemia and tumours

Details: www.hippocrates.com.au

CELLYTE

Cellyte is an organic mineral complex produced from a proprietary extraction of ancient plant matter. This highly improved concentration of the organic mineral complex was developed from newly applied technology. This technology isolates the most active and beneficial fraction of these complexes. So, it provides a safe ionic structure that delivers beneficial minerals and trace elements within a naturally chelated molecule that is balanced and compatible and readily accepted into every cell.

It is in the plant world that the major source of minerals for human nutrition is found. However controversy about taking dietary supplements is still raging, especially if these are taken in an inorganic form. Macronutrients as well as trace elements should never be taken carelessly in any quantity.

Recent research has shown that many of the physiological reactions of an organism may be blocked, so they cannot utilize trace elements properly. This malfunction can lead to simple deficiencies or to the initial establishment of disease. If blocking of an organism occurs it is possible to reactivate the enzymes by restoring the trace elements. This has to be done in the form of an ionized solution with extremely low molecular weight. Because of this, they are also of low molecular size and capable of high penetration into the cells.

Cellyte contains its own unique oscillation pattern, which can be measured in electromagnetic wavelengths. Cellyte can transfer the organic mineral complex information from vibration patterns, or memory, to other systems including living organisms. Cellyte not only has the capacity to revitalize water but delivers its beneficial mineral complex at the cellular level.

Cellyte can also be used externally, and we have noticed improved eyesight from taking one drop (neat) per day in each eye.

Why are Cellyte's crystalloid electrolytic minerals important to your health?

It is common knowledge that the human body is composed primarily of water, but what many people forget is that our bodies contain numerous minerals as well. As our bodies function on a daily basis, it is extremely important to maintain the proper level of these minerals. Unfortunately, studies indicate that 99% are mineral deficient. While we generally rely on food to furnish minerals, it is difficult to always provide a proper balance, making it useful to supplement our mineral intake.

But why a crystalloid electrolytic form?

The simple answers are: absorption and delivery. The Scottish chemist Thomas Graham discovered that certain substance could be separated from other substances using dialysis. He gave the name "colloid" to substances that do not diffuse through a semi permeable membrane and the name "crystalloid" to those which do diffuse and which are therefore in true solution. Electrolytes are electrical conductors in which current is carried. And since our bodies are electrically charged, electrolytic solution is a quick, effective way to deliver minerals to the body's cells.

So, it is apparent that crystalloid electrolytes are the most efficient way for the body to deliver and absorb minerals. Cellyte deliver these much-needed crystalloid electrolyte minerals to the body's cells in a rapid, efficient manner to help maintain a healthy life.

What minerals does Cellyte contain and how do they directly benefit my health?

Cellyte contains over 75 specifically formulated combinations of crystalloid electrolyte minerals intended to address your body's needs.

Cellyte contains key cellular elements in an organic form: carbon, nitrogen, oxygen and other minerals essential to nutrition. It also contains micro trace nutrients from living cells including photonutrients, phytochemicals, vitamins, amino acids, natural antibiotics, and other nutrient fractions.

The science behind Cellyte

With its energy-activated minerals it can...

- Provide you with compacted cell-bite size solar energy, formulated inside living cells.
- Supply you with an active cellular level nutrient fraction, possessing a very diverse range of benefits for the cell. It is so small that it can actually enter your cells.
- Reach out and take into its structure inorganic nutrients and carry them into the cell, which otherwise would have great difficulty reaching the cell by normal digestive processes.
- Increase your cell permeability and nutrient uptake.
- Stimulate your enzyme functions, providing essential mineral components for the formation of specific enzymes, and also increases enzyme activity.
- Help relieve your toxic metal buildup by chelating toxic metals from cells and tissues of the body.
- Balance electrical-chemical needs both as donor and/or acceptor, according to cellular organ needs.
- Provide you with constant electrolyte charging potential to damaged cells or cells under stress.
- Help relieve oxygen deficiency, both supplying oxygen from the complex, and as a respiratory catalyst improving cellular uptake and processing of oxygen.

How Much Cellyte Can I Take?

Place 5-10 drops into a glass of water or other liquid 3 times daily depending on your health needs. Maximum of 90 drops adults, 30 drops children per day. You may place Cellyte directly under your tongue, directly on cuts, wounds, rashes and skin conditions.

Can I Take Cellyte When I Am Using Antibiotics Or Other Medications?

Cellyte is completely safe to take while on antibiotics and will not counteract the effectiveness of the antibiotic. Taking it at a different time of day to the antibiotic could maximize the effectiveness of Cellyte.

How Do I Encourage My Children To Take Cellyte?

Try adding Cellyte to water. You may also choose to place it directly in the mouth. Many infants and small children like the taste of Cellyte. You can also place Cellyte in any other liquids.

Is It Safe To Take Cellyte When Pregnant?

If you are pregnant you may choose to add Cellyte to your daily routine as it is a great source of vital minerals. Should you have any concerns, please consult your natural health practitioner.

How Soon Can I Expect To See Results?

Depending on what you are using Cellyte for, you may experience results immediately.

Details: www.hippocrates.com.au

SKIN CANCER AND BLACK SALVE

After a near-death experience using the "Aldara" pharmaceutical skin cancer cream, we explored alternatives. We used natural Black Salve, and got such wonderful results that we then produced a 2-hour DVD on Black Salve: "One Answer to Cancer".

We quote from the DVD:

"This is a story about two cancer salves. One makes cancers worse, and can even kill. Yet, it is legal. The other has been curing cancer for thousands of years, yet it is illegal, thanks to Big Pharma, Big Government and Big Medicine...The 'bad guys' won't like it, but this movie will teach you exactly how to make your own cancer salve for yourself."

"In every case where we have treated primary breast cancer with the salve, we have had 100% success." – Adrian Jones, Naturopath

"The most aggressive type of breast cancer: gone!" – Meryle Powell

"Thanks for saving my nose from basal cell carcinoma!" – Bill O'Leary

"It was my lifesaver. There's no survival rate from Ewing's Sarcoma. I'm it!". Tanya Anderson

We produced the DVD in 2010. Since then, the Australian Government has attacked black salve manufacturers relentlessly, such that no one may now legally sell Black Salve in Australia. And, as to black-market Black Salve still being sold – since there is now no regulation, no one (save the manufacturers) know what's in it. (Literally ANYTHING can be labeled "Black Salve".)

However, you're still free to make your own pure proper Black Salve – but you can't sell it. You'll find explicit, detailed "cooking" instructions in our DVD (details at www.hippocrates.com.au).