



new zealand herbals

NATURE KNOWS BEST

NEW ZEALAND HERBALS NEWSLETTER JUNE 2008

The meaning of Life That got your attention yes? Has anyone seen the movie by Monty Python by the same name? There was a very interesting scene where they actually got round to saying most succinctly what the meaning of Life was! It was in the board room of the 'Very Big Corporation of America' when the agenda of the previous week is brought up for review – it turns out that *“Matter is energy; in the Universe there are many energy fields which we cannot normally perceive. Some energies have a spiritual source which act upon a person's soul. However, this soul does not exist “ad infinito”, as orthodox Christianity teaches; it has to be brought into existence by a process of guided self-observation. However, this is rarely achieved owing to man's unique ability to be distracted from spiritual matters by everyday trivia”*. You would think that this would get their attention but no, the rest of the film is taken up by everyday trivia and to date no-one I have talked to about this film ever got or remembered that part!

How many distractions do you get in a day, a week, month or years? Is your health suffering because you have been putting off the essential changes you need to make to “some other day” or “when you get around to it?” How many useless items, how many cups of coffee? How many times do we say we will do this “sometime when I get _____ (fill in the blank) done” An essential truth is that you will never get everything done, no matter how much time and energy you spend, and this is natural. The most important thing in your life is your health – without it all else is nothing. Bring your health and happiness up to number one in your life - do it now! – Most people spend more on their car than their own bodies. Our bodies and even minds will inevitably break down without at least some self care each day. Good nutrition, herbal remedies and lifestyle go hand in hand to make your day and your life one filled with promise and joy.

New premises - Many of you will be aware that we have moved to new premises at 149 Barrington Street. To mark this occasion we have named it The Natural Health Centre. Here we have created a whole new bag of good stuff to offer (while keeping the New Zealand Herbals affairs as a separate department). New Zealand Herbals continues to make the finest herbal and nutritional remedies that the world has seen and more about that later.

New services modalities and people

These are the experts and personalities (we don't know who are which!)

Nicolien de Vries, Naturopath and Medical Herbalist

Nicolien is a graduate of the Canterbury College of Natural Medicine – arguably the finest Herbal College in the country. Here Nicolien learned the techniques and modalities of leading edge herbal medicine and nutrition and I am thrilled to have her wonderful and enlightening knowledge and energy. Nicolien is capable in all aspects of herbal medicine and is currently learning Iridology from me. Nicolien is also skilled in nutritional counselling and I urge you all to have at least one hour session with her. The time spent you won't regret.

Anne Urquhart, Reflexology

We have a wonderful and talented Reflexologist– Anne Urquhart. Reflexology is massage technique involving deep massage on specific areas of the feet. The treatment alternates between wonderful relaxation to challenging moments when problem areas show up as painful or uncomfortable spots in the feet. Clients report better sleep and energy after a session and seemingly unrelated symptoms often improve such as sinus problems, hay fever and general well being.

Colonic irrigation: Nicolien de Vries

This modality is not often discussed over the dinner table, but is fast becoming very popular amongst movie celebrities! Though that doesn't actually say a lot, the fact is that the colon is the single most critical and important area today of health concern. More than 50 % of our population suffer from bowel problems at some stage in their lives. This can manifest as obvious digestive problems such as irritable bowel, colitis, bloating and pain or seemingly unrelated problems such as period problems, fatigue, headache, skin problems, allergies and hay fever. The importance of bowel cleansing cannot be overstated and to describe in full the myriad of ills an incompetent or dysfunctional bowel can cause will need more space than this article can cover, however, see the attachment included should you wish to know more. Nicolien de Vries is a competent colon therapist here to operate our new German Colon Hydromat. We believe we will be able to offer the best colonic irrigations in the country - I say "will" because we are still waiting for a building permit for council to fit the unit -. You can get early in the queue now by phoning Marie or Nicolien on ph 332 1786 or email Nicolien on nicolien@nzherbal.com. See the end of this newsletter

Nutritional counselling: Nicolien de Vries

Nicolien is skilled in nutritional counselling and I urge you all to have at least one hour session with her. The time spent you won't regret. Did you know that the better your diet and daily routine is, the fewer supplements you will eventually need? In the bad old days of dentistry no one heard of the dental hygienist – these days only an idiot would continue to have their teeth drilled without proper care of the oral environment – especially teeth cleaning and care of the gums – the same thing could be said of general health – there is no sense in continuing to take loads of supplements when you can make a huge impact on health restoration and maintenance with the right daily routine and nutrition.

Acupuncture: Wolfgang Fassbinder

Wolfgang has recently joined our team. Wolfgang is an inspired and very gifted acupuncturist with a very gentle approach. To be frank, I have a shocking needle phobia myself and having experienced in the past some unpleasant (what I would call brutal acupuncture that really hurt). I am amazed that I can tolerate the gentle way that Wolfgang applies the needles and with his caring and sensitive nature there is nothing to worry about. Some case studies: a male 55 with severe crippling weekly migraines that would last up to 3 days and leave him exhausted and ungrounded – first visit with Wolfgang – one single needle was applied to his little finger and the migraine disappeared in 20 minutes! Regular weekly treatment helped keep the migraines at bay and later treatments spaced apart approximately monthly kept them away. Knee pain; one treatment no pain, poor circulation; 3 treatments and the patient is warm again, neck pain; one treatment. Treatment procedures differ according to the complaint and the constitution, Wolfgang recommends regular treatment for a number of

weeks. Results can vary but if you want gentle acupuncture and a German trained acupuncturist, I can recommend none better than Wolfgang. He is also a qualified Naturopath and thus can prescribe herbal and nutritional remedies as part of the treatment.

Caroline Clausen

Caroline is also a new member of our team. Carolyn is studying Homeopathy and has joined us to take the pressure off the many tasks that Marie is coping with now. Much of our work is still done “behind the scenes”, this involves answering phone calls, organising patient appointments, mixing, bottling and bagging the multitude of herbal formulations and taking care of stock, including helping to design and manufacture. To date we can hardly keep up with stock. Caroline is skilled in computer technology and we welcome her input – we were almost driven nuts with the huge amount of after hours work myself and Marie were putting in – we decided to get a life too!

Haemaview live blood analysis



Live Blood Analysis involves a fascinating examination of your blood to analyze your health. A single drop of blood is taken from the tip of your finger, and viewed through a microscope which will provide resolution of these features without drying or staining the blood. This technique enables the evaluation of blood features in their living state, hence the term “live blood” analysis. Observations are made on variations in the size, shape, ratios & fine structure of red cells, white cells, platelets and other structures in your blood.

Observations can infer:

- Nutritional deficiencies
- Organ-system dysfunctions
- Gut Permeability & Digestive health
- Antioxidant levels & Free-Radical load
- Certain biochemical imbalances
- Immune surveillance & activity

Unlike most other medical testing, you remain present during the analysis. The test must be done quickly because many of the live blood’s features will degrade with time. This gives you the unique and fascinating opportunity to see your own blood cells on the monitor screen.

Why use Live Blood Screening?

Live Blood Analysis detects functional imbalances otherwise known as 'precursors' to disease (inflammation, sluggish immune surveillance, poor red cell structure etc) very early on, in some instances well before that of standard blood pathology.

A recommendation can then be implemented to rectify the change in the initial stage - prevention being far easier than cure. Further orthodox blood pathology can also be arranged off-site through Medlab if and when needed

YOU

Yes you –and your friends and family - for supporting us in this worthy venture. You may have noticed that we don’t really advertise – we don’t want to waste precious money that

could and does go back into this practice to provide better equipment, pay our staff properly and enabling us to provide the best herbal and nutritional remedies this good earth can provide. Thank you so much for your faith, loyalty and trust. We intend to continue to do our very best to provide an excellent service where all can learn to be their best selves.

New products:

We have designed some new products – through popular demand

Cod liver oil 1000 mg capsules: Cod liver oil is one of my favourite old time remedies. Few today realise that Cod liver oil contains vitamin A, D, E, EPA, DHA and is beneficial for a healthy thyroid, hair, skin, nails, bones, teeth, brain, and is essential for efficient mineral absorption – always take your Cod liver oil alongside your Mineral Max. See the end of this newsletter.

Circulation: For anyone with heart, cholesterol, blood pressure, digestive, brain, and/or circulation problems – over half of New Zealanders die of heart attacks. As an iridologist I know that these statistics also show up in the iris analysis. Heart lesions or weakness show up in a number of obvious markers. This formula contains the well known benefits of hawthorne berry, cayenne pepper, ginkgo biloba and slippery elm. See the end of this newsletter.

Olive leaf extract: We have had so many good results using this time honoured remedy that we have decided to create our own unique formula. Olive leaf extract is invaluable for those who suffer from viral, bacterial or parasitic infections. The formula is powerful, so begin slowly to avoid too much of the “die off” effect when these unwanted parasitic guests start to vacate, and release their toxins all at once. See the end of this newsletter.

Good web site links:

The web is a little like money – wonderful and powerful, but it can be used for unhealthy things! One of my “missions” in life and career to sort out the “chaff from the grain” Here are some of my favourite links:

http://www.westonaprice.org/splash_2.htm

The Weston Price Foundation – a web site with tremendous quality information and food, certainly not politically correct or profit driven – some information about nutrition here will surprise you.

http://www.holisticonline.com/herb_home.htm

Holistic Online is one of the most comprehensive natural health sites I have seen. Lots of topics, including a wonderful Ayurvedic medicine section and Herbal section including the ability to look up any single herb for the essential information you need.

<http://www.nzherbal.com>

New Zealand Herbals – our own web site – lots of good stuff here to and especially relevant to New Zealanders. Be sure to look through our testimonial pages and all newsletters end up in our newsletter section. A useful tool for those of you who haven't visited us recently and are not sure what supplements / herbs to use would be the instant quiz section.

<http://www.nzherbal.com/healthprograms/quickstart/index.html>

Simply scroll down to the bottom of the page and click the round part to begin this program – by ticking the appropriate symptoms you are experiencing and going to the end and clicking you will receive results that are most of the time identical or at least very close to personal consultation recommendations. We invite you to recommend your friends to use this service too.

Changes in the law regarding “Alternative and Complementary Medicine

After the long struggle our profession has had in keeping freedom of choice in Natural Medicine regarding the Draconian TGA bill, which would have us aligned with Australian legislation, it was defeated last year. The Governments response appears to be that it has simply been “flicked off” to Med Safe where the conditions appear just the same. We are now not allowed to put any claims on labelling or tell anyone what these products are for, only as a qualified Naturopath and Natural Medicine practitioner can. A bit ridiculous isn't it? – Especially as the Bible tells us the “The leaves of the trees are for the healing of nations!” – and there are so many references to the healing power of plants/herbs in the Bible that it appears that the Bible may well be illegal now also – kind of reminds you of the Inquisition doesn't it? These folk must be very brave – with unlimited government funds (“your money /taxes”) and they are going to take on the Big Guy. I wonder if little people with lots of money and worldly power will bring down the maker of the Universe!?! – Have they ever succeeded? See www.holisticmed.com/index.shtml

Tell others please – about us – about what we offer – and yes we can!

Your support is our grace –your health is our planets health and your children's greatest hope. Do it now – don't wait till you get everything else done first! Be the best you can be – today!

Appointments: 03 3321786 Email office@nzherbal.com

New Natural Food Café

Want to have some really top quality nutritionally sound meals? Yes you do! Well have I got news for you:

Special dishes, fresh seasonal locally sourced dishes made with LOVE.

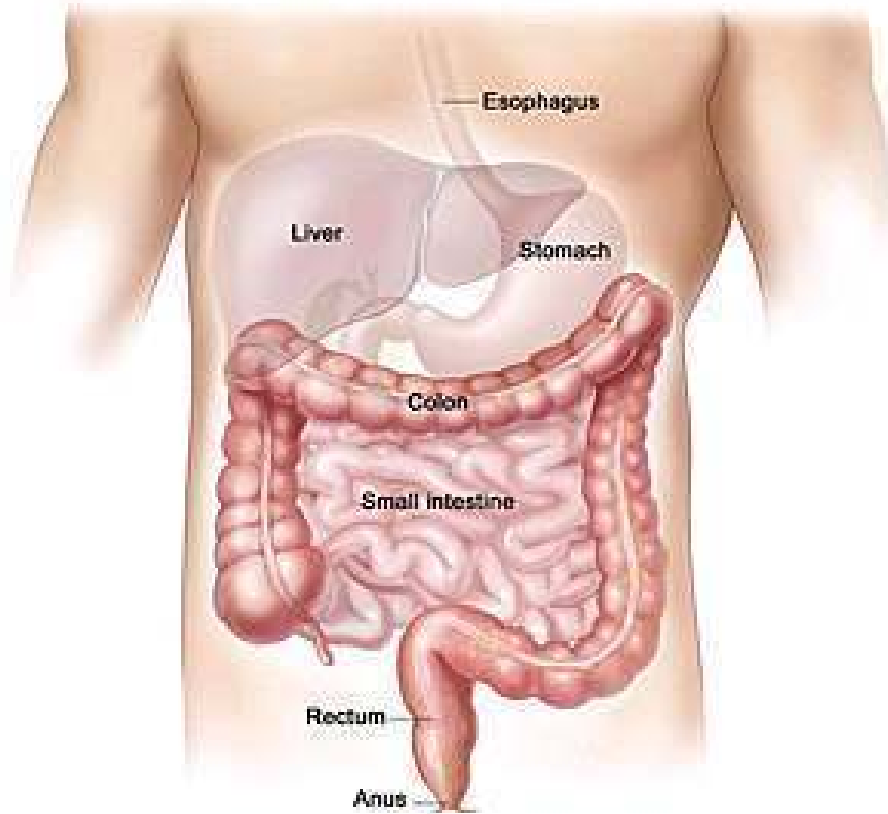
Fabulous organic fairtrade coffee.

Where? The Herb Centre

223 Kilmore Street

Open 7.30 AM till 4.00 PM, open next week around 11-6-08.

Colon Hydrotherapy



The Natural Health Centre

149 Barrington Street, Christchurch

Tel: 03 - 3321786 email: office@nzherbal.com

Colon Hydrotherapy or Colon Irrigation

Many people have pre-conceived ideas about Colon Hydrotherapy and Colonic Irrigation and imagine the worst, whereas it is in fact a colonic treatment which leaves you feeling clean, revitalised and well. It was used in hospitals until relatively recently when the cost became uneconomical as opposed to using strong purgatives used before bowel procedures.

The colonic treatment itself exercises and tones the bowel thus aiding the evacuation of waste both during and after treatment. The toxic load on the body is reduced.

Colonic treatment is now used in many countries as a naturopathic modality and may be particularly useful in:

- Primary bowel conditions such as irritable bowel syndrome (IBS) and constipation.
- Some organic disease states such as diverticulitis where regular elimination is important. Bowel transit time is improved.
- Many secondary conditions, especially those affecting the other eliminative organs (skin, urinary tract and lungs), where they are accompanied by poor bowel mechanics.
- Body detoxification, when accompanied by dietary measures.

The benefits of colonic irrigation can often be observed in the form of improved bowel function, together with clearer skin, more mental clarity and fewer headaches. Circulatory -, immune -, inflammatory - and weight problems can also often improve with colonic treatments when accompanied by recommended diet and lifestyle changes. After treatment from our colonic therapists, the bowel is better able to absorb nutrients and less likely to absorb enterotoxins.

WHAT IS INVOLVED?

No special preparation is necessary before your colonic treatment appointment, although it is not advised to eat red meat the day and night before your treatment. Drinking 1.5 to 2 litres of water a day is good.

When visiting a colon hydrotherapist they will expect you to be nervous, but will put you at ease. The first appointment includes taking your case history, explaining the procedure and the treatment itself.

A brief rectal exam must be carried out, then a speculum is introduced 1.5inches (4cm) to open the sphincter. An inlet and outlet tube is attached to the outside of the speculum, so the system is open, with water going in and water and waste out. The waste is piped away.

Up to 40 - 60 litres of filtered water are used per treatment, but only small amounts are allowed to enter the bowel at any one time, acting to dilate the lower bowel, stimulating the bowel to empty itself. In all, about 15 litres enters the bowel during treatment, and the vast majority also comes out again. The water pressure is carefully controlled and is in fact lower than is normally generated during a bowel movement.

Water is fed into the lower bowel and after a while your therapist will use gentle massage techniques across the abdomen thus assisting the elimination of waste and gas pockets.

A probiotic (friendly bacteria) implant may be given afterwards if indicated or you can take oral probiotic supplementation after the treatment. In all, the colonic treatment takes about 30-45 minutes.

HOW MANY COLONIC TREATMENTS ARE NECESSARY?

This depends upon the individual and their health condition and advice will be given after your first treatment. It usually varies from two treatments to several spread out over a period of time, after which preventative or maintenance treatments may be recommended.

IS COLONIC IRRIGATION SAFE?

Yes. As a trained therapist-conducted treatment, the insertion is in expert hands, the filtered water is at low pressure and there is no danger of perforation. All equipment used is disposable or else sterilised using hospital –approved sterilants or regularly serviced autoclaves, so there is virtually no risk of cross-infection.

Although large numbers of friendly bacteria are expelled during treatment, they quickly breed back up to strength, and the environment after treatment is usually better than before, thus leading to a better balance.

Colonic hydrotherapy is not habit-forming and actually improves the tone of the colon.

ARE THERE CIRCUMSTANCES WHEN COLONIC TREATMENT CANNOT BE PERFORMED?

Yes. Conditions such as active infection or inflammation (such as diverticulitis, Crohn's disease, ulcerative colitis), a painful fissure or painful haemorrhoids mean treatment cannot be comfortably carried out until they are healed or in remission.

Diseases such as congestive heart disease, severe uncontrolled hypertension, severe anaemia, liver cirrhosis, kidney disease, severe haemorrhaging and colo-rectal carcinoma are also absolute contra-indications for treatment as are some physical conditions such as severe abdominal or inguinal hernias which cannot be easily reduced.

Treatments are also not performed during the first three months of pregnancy, and not at all during complicated pregnancies. Treatments are not suitable for children under 12-13 years of age.

WHAT CONDITIONS MAY BE TREATED?

Many conditions may benefit from colonic irrigation, including:

- **Allergies**
- **Arthritis**
- **Asthma**
- **Atonic (sluggish) colon**
- **Bloating**
- **Candida**
- **Headache, toxic**
- **Halitosis (bad breath)**
- **IBS**
- **Indigestion**
- **Leaky gut**
- **Lethargy**

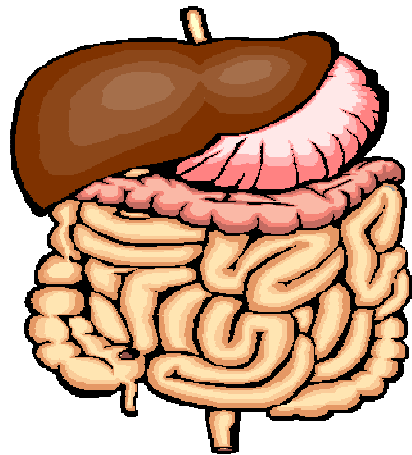
- **Colitis in remission**
- **Constipation**
- **Diarrhoea**
- **Diverticulosis (i.e Diverticulitis in remission)**
- **Flatulence**
- **Haemorrhoids (see below)**
- **Mucous colitis**
- **Multiple sclerosis**
- **ME**
- **Parasitic infections**
- **Skin problems: eczema, psoriasis, dermatitis, acne, etc.**
- **Urinary infections or urgency in females.**

Colonic irrigation, coupled with other suitable measures, is also useful during:

- **Cleansing regimes**
- **Fasting**
- **Liver/gall flushes**
- **Weight loss programmes**

THE COLON

The colon, or large intestine, or bowel, is a most important organ situated at the end of the digestive tract in the abdominal cavity. It is divided into several regions: the appendix (thought to be a vestigial structure, but with rich lymphatic supply), the ascending -, the transverse -, the descending - and the sigmoid colon and the rectum. The anus acts as a valve under voluntary control.



Its functions are to re-absorb digestive juices, water-soluble salts and bile back into the bloodstream and then to the liver, to store and desiccate food and other bodily wastes prior to elimination, and to house a vast array of beneficial bacteria. The latter help our immunity to infection, keep high blood cholesterol levels in check, produce a number of vitamins, and may also act in preventing colon cancer.

The form of the colon is variable: most diagrams show an idealised bowel, whereas the length is variable (between about 3 to 11 feet), and the path it follows can be tortuous, with many loops. For some unfortunate people, where constipation runs in their family, it is likely that they have inherited long bowels making transit time long and slow – this is just where colon hydrotherapy may help.

The bowel structure is made from smooth muscle which is different to ordinary body muscle inasmuch as it is under autonomic (or automatic) nerve regulation over which we have no conscious control. When working normally, it is expected that the bowel will partially empty (during defecation) at least once every 24 hours. If long or slow, the transit time is increased and constipation occurs, or if fast and disordered, muscle spasm may result which is a feature of Irritable Bowel Syndrome, strangely also accompanied by constipation together with bloating, irregular defecation and incomplete evacuation.

The colon is the main part of the eliminative system of the body, where wastes are excreted from the alimentary tract, the lymphatic system and the bloodstream. It is very important to keep bowel function regular to prevent the other eliminative organs becoming overworked, and to avoid the effect of toxins building up in the body.

DID YOU KNOW?

- That 20% of the population suffer from IBS symptoms at some time during their lives, and 5% are chronic sufferers. It is more prevalent in females.
- That laxative sales in the world are multi millions per year.
- That the ideal bowel transit time is 12 hours.
- That in adulthood, all our vitamin K needs are provided by our own bowel bacteria, in a well functioning bowel.
- That there are more bacteria present in the colon than there are cells that make up our own body.
- That the repercussions of poor bowel function may be seen throughout the body in a wide range of health problems.

To make an appointment for Colon Hydrotherapy ring (03) 3321786

Or email office@nzherbal.com

Cod Liver Oil

Cod Liver Oil: The Number One Superfood

Cod liver oil is very good for you, more than you ever knew. Research studies ranging from 1918-2001 give cod liver oil an A+ rating. This marvelous golden oil contains large amounts of elongated omega-3 fatty acids, preformed vitamin A and the sunlight vitamin D, essential nutrients that are hard to obtain in sufficient amounts in the modern diet. Samples may also naturally contain small amounts of the important bone- and blood-maintainer vitamin K.



There is hardly a disease in the books that does not respond well to treatment that includes cod liver oil, and not just infectious diseases but also chronic modern diseases like heart disease and cancer. Cod liver oil provides vitamin D that helps build strong bones in children and helps prevent osteoporosis in adults. The fatty acids in cod liver oil are also very important for the development of the brain and nervous system. "If you want to prevent learning disabilities in your children," said David Horrobin, distinguished medical and biochemical researcher, "feed them cod liver oil."

Cod liver oil contains more vitamin A and more vitamin D per unit weight than any other common food. One hundred grams of regular cod liver oil provides 100,000 IU of vitamin A, almost three times more than beef liver, the next richest source; and 10,000 IU vitamin D, almost four times more than lard, the next richest source. Of course, cod liver oil is only consumed in small amounts, but even a tablespoon (about 15 grams) provides well over the recommended daily allowance for both nutrients.

In addition, cod liveroil contains 7 percent each of the elongated omega-3 fatty acids EPA and DHA. EPA is the precursor of important prostaglandins, localized tissue hormones that help the body deal with inflammation; and DHA is extremely important for the development and function of the brain and nervous system. So it's no surprise that in numerous studies cod liver oil has proven to be a powerhouse in fighting disease.

Good for What Ails You

Cod liver oil greatly improves heart function to prevent heart disease and to treat it even in advanced stages, after a heart attack and after heart surgery. Cod liver oil alters the linings of the arteries in such a way as to improve healing after damage. This is attributed to the omega-3 fatty acids but vitamin A, D and K all have important roles to play in facilitating mineral absorption, improving muscle function and supporting elasticity of the blood vessels. The inflammation-reducing prostaglandins made from EPA help mediate the inflammatory response in the arteries. In other studies the heart-protective effect was associated with changes in the muscle response to serotonin, increasing the heart's ability to "relax."¹⁻¹⁵ In a study with rats, treatment with cod liver oil actually caused artery-blocking atheromas to become smaller and blood vessel diameter to enlarge.⁵⁵ Weston Price noted that heart attack deaths increased during periods when the vitamin A content of the diet was low. Cod liver oil can provide vitamin A on a continuous basis throughout the year.

Many of the conditions addressed by cod liver oil are considered related under the title Syndrome X. These include obesity, hypertension, insulin resistance, adult onset diabetes and stroke. Evidence is accumulating that these diseases of civilization are the result of high levels of omega-6 fatty acids and low levels of omega-3 fatty acids along with deficiencies of fat-soluble vitamins. We may be paying a very high price for our rejection of parental wisdom to take our cod liver oil.

In numerous studies, the elongated omega-3 fats found in cod liver oil have been shown to improve brain function, memory, stress response, immune response, allergies, asthma, learning and behavioral disorders, including bipolar syndrome and manic-depression.

Cod liver oil is most famous for contributing to bone health, preventing and reversing rickets in children and osteomalacia in adults.^{16, 17} Before the discovery of cod liver oil as a source of vitamin D, many children suffered greatly with deformed bones. Osteoporosis responds to vitamin D and to cod liver oil. Sufficient elongated omega-3 oils found in cod liver oil are one of the keys to keeping and rebuilding bone.^{18, 19} In women, higher levels of vitamin D from cod liver oil improve bone mineral density.²⁰

Two of the symptoms of low levels of vitamin D are bone pain and muscle pain. This may manifest as pain in the legs, muscle weakness and difficulty climbing stairs. Numerous studies have shown improvement in muscle pain, muscle strength and bone pain scores with cod liver oil.^{40, 41}

Cod liver oil is effective in treating arthritis as well. Researchers funded by Great Britain's Arthritis Research Campaign found that the elongated omega-3 fatty acids in cod liver oil reduce both pain and damage in inflamed joints.⁵⁶

Pregnant women using cod liver oil have infants with a lower risk for juvenile type 1 diabetes.²¹ This effect was found only in mothers taking cod liver oil, not in mothers taking multivitamin supplements. Cod liver oil taken by nursing mothers improves the fatty acid profile in breast milk to promote optimal brain development and also increases levels of vitamin A to prevent infections. Interestingly, cod liver oil does not provide increased vitamin D in breast milk.^{23, 24}

Cod liver oil given to infants after birth and during the first year had no protective effect against type 1 diabetes but it nevertheless is an important source of nutrients for optimal infant health.²² In more than forty trials, vitamin A has been shown to reduce morbidity and mortality of children.²⁵ Cod liver oil was the supplement of choice in many of these trials. Books on feeding infants published in the 1930s and 1940s routinely recommended cod liver oil, starting with 1 teaspoon at the age of three weeks. It was Dr. Spock who threw this wisdom out the window by recommending vaccinations instead of the powerful nutritional support of cod liver oil. Few modern books on infant care mention the importance of the fat-soluble nutrients in this wonderful superfood.

As for treating diabetes in adults, cod liver oil has been used in a number of trials with both insulin-dependent and non-insulin-dependent diabetes. In both conditions cod liver oil improved glucose response and other markers of the disease.²⁶⁻³¹ Vitamin A in cod liver oil helps promote healing and protects the retina, both problem areas in the diabetic patient.

Cod liver oil has lowered blood pressure induced by stress-elevated levels of cortisol.³²⁻³⁵ Cod liver oil given to rats reduced intraocular pressure suggesting a use in prevention and treatment of glaucoma.³⁶ Vitamin D in cod liver oil promotes absorption of calcium and magnesium, thereby lowering blood pressure.

Colitis responds more effectively to the type of omega-3 fatty acids in cod liver oil than to medication.³⁷⁻³⁸ Cod liver oil should be the first protocol for this condition as well as irritable bowel syndrome and Crohn's disease.

Topically applied, cod liver oil contributes to faster wound healing and improvement in skin quality.³⁹ An excellent treatment for diaper rash and other skin conditions is cod liver oil mixed with zinc oxide. And cod liver oil taken orally helps maintain soft skin and minimize wrinkles.

And what about cancer? All the nutrients in cod liver oil help prevent cancer. Vitamin A has been part of every successful alternative cancer therapy so far. In a study in China, use of cod liver oil was found to be protective against childhood leukemia.⁵⁷ In a study of Norwegian men and women, consumption of cod liver oil was found to protect against lung cancer.⁵⁸

Practical Aspects

Eating fish will not provide the levels of nutrients that are found in cod liver oil. Even in heavy fish-eating populations, the addition of cod liver oil improves health.⁴²⁻⁴³ And taking fish oils is not the same

as taking cod liver oil. One tablespoon of regular cod liver oil and one-half tablespoon of high-vitamin cod liver oil provide the amount of elongated omega-3 fatty acids found in twelve 1,000 mg fish oil capsules.

As for vitamin D, body oils of fish can be good sources as long as you are willing to eat a lot of them. One-half pound of fatty herring or sardines gives a dose of vitamin D equal to that of about one tablespoon of cod liver oil. However, salmon oil has one-fifth the potency of cod liver oil.

One concern about taking cod liver oil is the presence of contaminants--heavy metals (such as mercury, cadmium and lead), PCBs and so forth. Fortunately, consumers need not worry when it comes to our cod liver oil, which is all mercury and toxin free. Furthermore, mercury is water-soluble. It may be present in the flesh of fish, but it is not present in the oil.

Another concern is rancidity. Cod liver oil can become rancid if improperly handled. In a 1988 study, peroxide values (indicating rancidity) ranged from a low of 2 to a high of 44.7.⁴⁴ Nevertheless, properly handled cod liver oil is relatively stable. It contains 21 percent-saturated fatty acids and 57 percent monounsaturated fatty acids, which provide stability. The fishy smell of cod liver oil is due to the presence of small amounts of fish protein and is not a sign of rancidity. We supply Cod Liver oil in 1000 mg safety fresh gelatine capsules.

Whenever taking cod liver oil, remember the findings of Dr. Price. (See our handout on The Western Price diet and out many pamphlets) He noted that he did not get good results from cod liver oil unless he gave it concurrently with high-vitamin butter. Just why this is so is a matter of speculation, but we do know that the very unsaturated fatty acids found in cod liver oil cannot be effectively assimilated and stored in the tissues without the presence of adequate saturated fatty acids, the kind that would be provided by butter. This means that even regular butter would help support cod liver oil therapy; but Price found that the combination of cod liver oil with high-vitamin butter, from cows eating rapidly growing green grass, was nothing short of miraculous, reversing tooth decay and bringing patients back from the brink of death.

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The Weston A. Price Foundation

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Tel 03 3321786

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www.nzherbal.com

NEW PRODUCT



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Designed to assist the cardiovascular and cerebrovascular system

CONTENTS: Hawthorne berries extract 200 mgs; Hawthorne berries powder 200 mgs, Garlic powder 50 mgs, Capsicum powder 30,000 Heat units, 160 mgs. Ginkgo biloba extract 5 mgs, Slippery elm powder 39 mgs.

HAWTHORNE BERRIES *Crataegus oxyacantha* & *C. monogyna*

Hawthorne berries have historically been used for most cardio-vascular diseases. A multi-centre double blind clinical trial done in 1981 demonstrated marked improvement of heart function in patients with reduced cardiac output. Following a four year study commissioned by the German Federal Ministry of Health, Hawthorne has gained full recognition as a heart remedy in Europe. The monograph concludes that the herb has these properties: it increases coronary & myocardial circulation. Hawthorne has been used for loss of cardiac function, subjective feelings of congestion and 'oppression' in the heart region, the ageing heart that does not warrant the use of Digitalis, and mild bradycardiac arrhythmias. The herbs action is involved in the availability and utilisation of energy. This facilitates a gentle but long term, sustained effect on degenerative, age-related changes in the myocardium. Useful in cardiovascular degenerative disease, myocardial problems, coronary artery disease and associated conditions. Angina pectoris and similar symptoms will be eased and prevented. It maybe useful where no disease state exists but a loss of function is happening because of old age or infirmity. Safety: no toxicity, accumulation or habituation occurs, thus it may be used long term, achieving result entirely safely. It does not produce rapid results but they are persistent once achieved. The extract is concentrated 5:1 given a five times strength per volume than the whole dried and powdered berries. The whole berries are also included for its synergistic effects and the conjecture that the whole plant including its so called non active principles are part of its total beneficial action. The combination of the two forms ensures both concentration and synergy.

Capsicum powder *Capsicum minimum*, Solanaceae

Common names: Capsicum, Chili or Chili Pepper, Hot Pepper, Tabasco Pepper. Capsicum or cayenne pepper is actually a fruit; the best quality comes from tropical America and Africa. It is measured in heat units, the greater the heating affect the greater the freshness, strength and effectiveness. Cayenne has traditionally been used for strengthening the heart, arteries, capillaries and nerves. A general tonic, it is also specific for both circulatory and digestive system. If there is insufficient peripheral circulation, leading to cold hands and feet and possibly chilblains, Cayenne may be used, also for debility and for warding off colds. Capsicum is a pure, energetic, permanent stimulant. In atonic dyspepsia and catarrhal gastritis it stimulates the nerves

of the stomach, promotes the secretion of the digestive juices, and assists peristaltic motion. The herb has the power to strengthen the nervous system, steadying the patient and promoting sound sleep. Useful during congestive intermittent and remittent fevers. Capsicum meets the debility of young and old, but is particularly useful in the elderly, when the body-heat is low, vitality depressed and reaction sluggish. Tired, painful muscles, stiffened joints and relaxation of any part are commonly alleviated by Capsicum. Capsicum is highly recommended in the treatment of chilblains and toothache. A favourite for cold feet and hands, the herb possesses an extraordinary power in removing congestion by its action upon the nerves and circulation. Capsicum has been used in times of marked depression and debility, after effects of alcohol, abdominal distension, congestive chills, cold extremities, weak pulse, congestive heart, dry tongue and insufficient salivary secretions, in fevers and chronic haemorrhoids. The herb is termed a "circulatory equaliser" relieving both high and low blood pressure. Its catalysing action when in combination with other herbs is well known amongst herbalists and is used frequently with other herbs to potentise, deliver and extend the action of other active principles in the formula. Contraindications: not to be used on an empty stomach or when the patient has moderate to severe kidney problems. In all other cases Cayenne can do no harm beyond some discomfort if it accidentally finds its way into the eyes. This is partly why we deliver the herb in gelatine capsules and recommend it be taken only with food.

Garlic *Allium sativum*, Liliaceous.

Garlic is among the many herbs that have a universal usage and recognition. Its daily usage aids and supports the body in ways that no other herb does. It is one of the most effective anti-microbial plants available, acting on bacteria, viruses and alimentary parasites. The volatile oil is an effective agent and as it is largely excreted via the lungs, it is used in infections of this system such as chronic bronchitis, respiratory catarrh, recurrent colds and influenza. It may be helpful in the treatment of whooping cough and as part of a broader approach to bronchitic asthma. In general it may be used as a preventative for most infectious conditions, digestive -as well as respiratory -. For the digestive tract it has been found that Garlic will support the development of the natural bacterial flora whilst killing pathogenic organisms. In addition to these amazing properties, Garlic has an international reputation for lowering both blood pressure, blood cholesterol levels and generally improving the health of the cardio-vascular system. A recent study was conducted on two groups, one consisting of 20 healthy volunteers who were fed Garlic for 6 months and the other of 62 patients with coronary heart disease and raised serum cholesterol. Beneficially changes were found in all involved and reached a peak at the end of 8 months. The improvement in cholesterol levels persisted throughout the 2 months of clinical follow-up. The clinicians concluded that the essential oil of Garlic possessed a distinct hypolipidemic, or fat reducing, action in both healthy people and patients with coronary heart disease. Garlic should be thought of as a basic food that will augment the body's health and protect it in general. The odour imparted to the breath by garlic and onions, may be very much diminished by chewing roasted coffee grains, or parsley leaves and seeds.

Ginkgo biloba Common name: Maiden hair tree

Part used: Leaves. Traditionally known as an anti-microbial & anti-tubercular agent, new research has shown a profound activity on brain function and cerebral circulation. Clinically it is proving effective in a range of vascular disorders. Ginkgo has been suggested in the following conditions: vertigo, tinnitus, inner ear disturbances including partial deafness, impairment of memory and ability to concentrate, diminished intellectual capacity and alertness as a result of insufficient circulation, anxiety, depression, neurological disorders and dementia, Alzheimers disease, complications of stroke and skull injuries, diminished sight and hearing ability due to vascular insufficiency, intermittent claudication as a result of arterial obstruction, a sensitivity to cold and pallor in the toes due to peripheral circulatory insufficiency, Raynaud's disease or cerebral vascular and nutritional insufficiency, hormonal and neural based disorders as well as angiopathic disorders, arterial circulatory disturbances due to aging, diabetes and nicotine abuse, sclerosis of cerebral arteries with and without mental manifestations, arteriosclerotic angiopathy of lower limbs, diabetic tissue

damage with danger of gangrene , chronic arterial obliteration, circulatory disorders of the skin, as well as ulcerations caused by ischaemia. Ginkgo is certainly an herb for our time. Contraindications – Ginkgo has been shown to have blood thinning properties and as such is not recommended alongside prescription blood thinner such as Warfarin (coumadin) or high doses of aspirin.

Slippery Elm *Ulmus fulva*, Ulmaceae, also called by its other common name: Red elm

Habitat: Central and Northern USA. Slippery elm bark is a soothing nutritive demulcent which is perfectly suited for sensitive or inflamed mucous membrane linings in the digestive system. It may be used in gastritis, gastric or duodenal ulcer, enteritis, colitis and the like. It is often used as a food during convalescence as it is gentle and easily assimilated. In diarrhoea it will soothe and astringe at the same time. Externally it makes an excellent poultice for use in cases of boils, abscesses or ulcers. The herb lubricates and soothes alimentary mucosa, relieves intestinal irritation, and quietens the nervous system. The herb is added here in this combination to help pacify any tendency for unpleasant (and harmless) reactions to the cayenne

Overall use of the formula:

Collectively this formula may be useful for cardiac insufficiency, cold hands and feet, general debility, fatigue, stomach and digestive problems, poor memory, high cholesterol, muddled thinking, irregular heartbeat, painful heart, angina pectoris, poor or sallow complexion. As an adjunctive treatment alongside nutritional and medical advice for the prevention and treatment for cardiovascular and cerebrovascular disease.

Dose: 1- 2 capsules with each meal

Warnings – not to be taken alongside blood thinning medications such as Warfarin (coumadin) and high dose aspirin. Always take with food.

Indications:

Post infarction recovery and essential hypertension. Used in conjunction with hypotensives, *Crataegus* will maintain the heart in a healthy condition, preventing the development of coronary disease. Heart weakness following infectious disease such as pneumonia or diphtheria and cardiac arrhythmias.



Olive Leaf Extract

DESCRIPTION

Olive leaf extract has been shown to be a highly effective virucide and bactericide, and is made by extracting certain active ingredients from the leaf of a specific type of olive tree (*Olea europaea*)

HISTORY

In 1906, olive leaf extracts were found to be superior to quinine for the treatment of malarial infections. In 1957, the active ingredient, oleuropein, was isolated and studied as a treatment for high blood pressure. In 1970 and continuing to the present, the hydrolyzed form of oleuropein (Calcium Elenolate) has been tested and found effective against dozens of different viruses and many strains of bacteria. Olive extract kills viruses by interfering with certain amino acid production processes necessary for the vitality of the specific virus. In addition, Olive leaf stimulates phagocytosis. Olive leaf extract has the ability to penetrate infected host cells and irreversibly inhibit viral replication.

- May fight bacteria and viruses such as Herpes and Candida albicans
- Has healing properties and may be included as part of an immune system enhancement program
- Olive Leaf Extract is a powerful anti-oxidant
- Reported to increase natural killer cells and is reported to be a natural, non-toxic, immune system builder

DIRECTIONS FOR USE

3-5 mls each 4-6 hours. Not for children under two years old.

WARNINGS

Olive leaf extract is non-toxic. In certain individuals with significant microbial burden, the desirable internal cleansing action of Olive leaf extract can sometimes cause a "die-off" effect. When the body is full of dead yeast and other microbes, the person can experience one or more detoxification symptoms (such as headache, fatigue, nausea and flu-like symptoms) until these dead microbes are eliminated from the body.

Do not use alongside antibiotics and blood thinning medication such as Warfarin (coumadin).

Ingredients: Olive Leaf
Tincture, Active ingredient -
Oleuropein (Olive Leaf Extract)
(Vegetable Glycerine 1:2)
Colloidal minerals
Contains approx 2.88mg/ml of
Oleuropein

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