

Please encourage everyone to join & read GrazingInfo.com for theirs & their country's benefit.

This is not medical diagnoses or prescriptions, it is information only. For your specific diagnosis and treatment, consult your doctor or health specialist.

This has been written following requests from people whom I helped with simple basic health information and those who have noticed that at 85 I'm not ageing - much!? They know that I have 411 items on health loaded on to my computer, from Acid Forming Foods to Zyaactin now called Doctors treat symptoms and say, "Try this," so call their business a 'Practise'. Are you one of their guinea pigs, or "medical misadventures" after a 'practise' failed?

"Medicine is what the doctor does for you, health is what you do for yourself." wrote Sam Queen.

There is a place for good doctors, but they have to carry the load from others, and some hospitals such as Waikato where a friend was for three days with no verdict. I asked him his symptoms - food not moving on so could not swallow completely what he ate. "Acid deficient," I said and gave (not sold) him acid I had needed in the past, which fixed him almost immediately. Another in the two Auckland hospitals for a year with no help. Dr R Gorringer diagnosed organophosphate toxicity as quickly as I've written this. There are many more. Auriel in Waikato Hospital for three hours with diarrhoea was diagnosed with food poisoning from eating pork at a restaurant that I didn't eat, and was sent home. It was an infection that I got the next day.

Homeopaths work on getting rid of the cause. If you are unwell, try all sources for cures. Decades ago we had a car with an uneven idling problem that the agents couldn't fix, even after three visits. We took it to a carburettor specialist who fixed it in one minute. Health is the same. There are specialists, and I believe someone somewhere can fix most things, so don't accept, "You have a virus," etc. Ensure that you go to the best specialist. There are big differences between failures and experts.

Also do your own research to find the best, by asking everyone and Googling for "folic foods" and "folic problems".

Some governments, who seem to be locked into the medical fraternity that is led by the drug companies, have added folic acid to bread, but should have told people to eat foods containing it which would do them a lot more good. It is in many good foods.

See - <http://www.kznhealth.gov.za/nutrition/food6.htm>

My Folic levels are high because I like greens and healthy food, so I don't need more. Taking Folic acid has made some people sick.

The specialists of the future will give little medicine, but will interest their clients in the care of the body and diet including foods and minerals, and in the cause and prevention of sicknesses and diseases. A friend who was a nurse and is now farming, and has edited this for me, doesn't think so. She believes that there will be more and more chemical research and an increasing emphasis on drugs.

In Germany, a country leading in many fields, more than half the medicines taken are homeopathic. There are massive homeopathic health countries such as Heel with scientific laboratories. Google for Heel Laboratory Germany.

I have farmed and studied animal health, their food and supplements and human health since 1986 after a friend told me my cramps and stiff neck were from being selenium and magnesium deficient. I study by reading all the books (I have 33) and articles I can find, asking questions of pharmacists, health stores and others in human health, attending seminars, Googling and by doing trials. Searching the Net for things such as antioxidants, Alzheimer's, Parkinson's, Asthma, gluten and dozens of other things have helped. In 2005, searching for "joint + pain" found fluoride as a possible cause, and it was. Changing toothpaste and changing to spring water, helped me cure my sore knee. See below.

Most doctors do a good job within their sphere, but won't step outside of it for fear of losing their licence as happened to Dr Matt Tizard in North Shore, Auckland, and Dr Ricky Gorringer Waikato Health Clinic Ltd, 41 Empire Street, Cambridge, Ph 07-827-4141, for using a sophisticated O-Ring diagnoses system (invented by Chinese possibly thousands of years ago and used by Japanese doctors to diagnose compatible medicines before patients take them, but banned in NZ!). They both use homeopathy and recommend minerals, which have helped cure a very high percentage of doctors' failures. Both still practise extremely successfully. Ricky Gorringer is a specialist in identifying and

curing allergies and toxins with the aim of getting rid of the cause rather than repeatedly treating the symptom, as done by many doctors. His curing my wife Auriel, our grandson, relatives, friends and me of many things are examples. See below.

Several doctors have told me that they are trained in the hundred year old conventional medicine system, run by the major drug companies, and have little time to study the thousand year old natural medicine and other fields even as simple as nutrition. Therefore, they are uniformed on alternatives, but some of them (fewer now than a decade ago), still criticise natural medicines that rely on the body's healing ability, if given what it needs after toxins are removed. Being able to diagnose the problem, illness, infection, etc., is the most important aspect of medicine. Not recognising, or giving a wrong diagnosis, is a major problem that most doctors and hospitals have. This is less likely in older, experienced health professionals. Both conventional and alternative systems have a part to play in diagnosing. The Mayo Clinic in USA has sophisticated equipment and does a thorough job, which can't be done in New Zealand with less up-to date equipment and less experience. Then there is Dr Ricky Gorringer who diagnosed organo-phosphate (Malathion and Maldison) poisoning in our grandson in seconds, and cured him in months after the two main hospitals in Auckland couldn't, even after him being there for a year. Ricky also cured a friend in weeks after he'd been dismissed from Tauranga Hospital, who had given up after a year. Both hospitals blamed an incurable virus! Blaming a virus is a sure sign that they don't know what the problem is. The the friend wrote to me, "A neurologist diagnosed polymositis which got worse until I could hardly walk. He admitted after a year that he could not cure me. Three weeks after Dr Gorringer's treatment with Zinc [a powerful antioxidant], and draining lead and other chemicals out of my body, I started getting better and have kept improving, and can now climb a ladder and prune trees." He has since helped build a house and renovated another. He spent decades making (soldering) circuit boards which give off fumes, which he is still doing, but less often.

In USA a third of a million die annually just from a lack of magnesium, and New Zealand soil levels are lower. On a percentage basis this is 4,000 dying pa here.

Some naturopaths and homeopaths spend up to \$40,000 a year travelling to and attending conferences, so they can be more professional than any medical doctor.

From -I Cured My Chronic Allergies by Ian Solley, UK. "The body has a capacity much like that of an elastic band in that it can suffer 'insult' after 'insult' and is able to be 'stretched' over a long time, but then, all of a sudden, it snaps and your health – as in my case – deteriorates rapidly, so always listen to your body."

If you go to a surgeon he'll want to cut you open, if to a dentist he'll do something to your teeth (some will pull out fillings with their miniature crowbar to replace them and CHARGE), if to a doctor he'll prescribe a chemical drug (usually to treat the symptom), if to naturopathic or homeopathic specialists they'll look for, and aim, to get rid of the cause. However, all have a place. Surgery has advanced unbelievably, most MDs haven't, but some are excellent within their limitations of being locked into the medical drug companies.

Dr Mercola

Is the founder of the world's most visited natural health web site, Mercola.com. You can learn the hazardous side effects of OTC Remedies by getting a FREE copy of his latest special report [The Dangers of Over the Counter Remedies](#) by going to his [Report Page](#).

I believe that he is the most knowledgeable and open minded doctor in the world. See www.mercola.com/ and subscribe to his newsletters. They are free. He wrote -

"It is estimated that in America last year, nearly \$2 trillion was spent on health care and virtually all that was spent on treating disease. Despite this massive expenditure on treatment, more Americans are sicker than ever before with diseases that are largely preventable: heart disease, cancer, diabetes, arthritis, fibromyalgia, cramp, gout and depression, to name a few.

"Each year more money is spent on treatment, mere patchwork, even though it has become crystal-clear that treatments do NOT enable you to live longer or have a better life. So why is the amount of money being spent on prevention just a pittance, compared with the amount spent on treatments?

"The answer is simple --when you are sick it is highly profitable for various giant corporations.

When you are cured, it doesn't profit them at all.

“Over the years, I have compiled many articles that support evidence that the conventional health system results in more harm than good. However, no one has ever analysed and combined ALL the published literature dealing with injuries and deaths caused by government-protected medicine.”

End.

The two brilliant USA Dr Mercola and Dr Sears are quoted a lot in GrazingInfo.

Minerals

Are essential for every metabolic function. Our food is not as good as it should be - unless fresh and organically grown in fertile soils, fed with adequate calcium and other necessary elements. A USA government survey revealed that not one person in a large survey was receiving their recommended daily amount of minerals.

The unripe fruit and force-fed vegetables in supermarkets, which most are today, are not healthy. Wheat and other grains grown in large fields are harvested on one day, before the ripest seeds fall, but all the seeds may not be ripe. Imported fruit such as bananas are picked while green. Organic ones that are occasionally available are usually picked ripe and the taste is far better, as with organic sweet corn, and organic lamb chops I must add from a recent experience.

Grains, vegetables and fruits are sold by weight, so some commercial growers fertilise heavily with the fast growth elements of nitrogen, phosphorous and potash (N-P-K) for high yields, and to increase their weight, which lowers trace element uptake. The faster growth results in lower essential minerals and higher nitrates (low energy) that increase the possibility of digestive problems. Before harvest, some over-water to increase weight. Publicising the above and the following is the way to increase the demand for organic food, and improve farming practises.

From <http://www.organicnutrition.co.uk/whyorganic/whyorganic.htm>

Rutgers University reports: A question that often gets asked is, “Is organic food better?”

Non-organic food producers sometimes say there is no difference. However, common sense says that there must be. Surely eating food without chemicals and harvested in a more natural manner is better. But is it? The answer is clearly yes. The table below shows the results of one of many studies carried out to try to answer this question.

Organically grown vegetables have a higher dry matter content (less water) and a lot more minerals, so you get more for your money. A UK survey showed that the mineral content of conventional vegetables had “dropped dramatically since 1940,” Below is Rutgers University, New Jersey, and USA Soil Society figures showing how much better organic ones are. The conventionally grown ones are in brackets. Figures are for Phosphorus (P), Calcium (Ca), Magnesium (Mg), Potassium (K), Sodium (Na), Boron (B), Manganese (Mn), Iron (Fe), Copper (Cu), Cobalt (Co). All are essential elements.

Before these studies were carried out the idea that organic crops were nutritionally superior was widely accepted on faith alone. People hoped that the effects of organic cultivation were better for the earth. In recent years this has been proven time and time again.

Researchers at Rutgers University in the USA, intrigued by the emphatic claim that “Organic is Better”, decided to shop around for some answers. They went to a supermarket and purchased a selection of produce which they analysed for mineral content. They then went to a healthfood store and purchased the same products but grown organically and carried out the same tests. The Rutgers’ team expected the organic produce to be slightly superior in this comparison, but the results were incredible!

For example notice the amount of iron in the organic tomatoes and spinach compared to the non-organic varieties. There is a huge difference. Many other essential trace elements are completely absent in the non-organic foods whereas they occur in abundance in the organic varieties. Other studies came to the same clear conclusion.

Not only are all of our products organic but our nutritional supplements offer the highest nutritional values available, exceeding even healthfood-store bought products.

We believe that eating a predominantly organic diet and taking the correct nutritional supplements when necessary, is so vitally important for the sake of your well being and increasing your long term

chances of maintaining good health.

This shows that organic vegetables, even at twice the price, are better value because they contain more than twice the essential elements. The very low non-organic figures for lettuces are likely to be from being grown under hydroponics or force-fed. The figures also show that eating a variety of vegetables supplies a variety of minerals. End.

Organically grown vegetables are sometimes available from Pak'nSave, Mill St, Hamilton, and some small stores such as the organic store near the railway end of Commerce St, Frankton, Hamilton. Organic meats and gluten-free sausages (Once they were not all gluten-free!) are available from Fifth Avenue Butchery, Hamilton Ph 855-4177.

New Zealand is a young country geologically, has poor volcanic soils and almost no alluvial soils which are naturally more fertile. Our high rainfall accentuates the problem of low mineral levels by leaching.

Good animal farmers fertilise pastures with trace elements such as salt, magnesium, selenium, cobalt, copper, zinc, and boron, and many feed them, as well as iodine, to keep their animals healthy. Commercial vegetable growers are not rewarded for applying trace elements so don't, so humans suffer and some people have to take magnesium to avoid osteoporosis, cramps and migraines; zinc to strengthen nails; selenium to cure sore necks, etc.

Good animal farmers analyse their pasture tissue to determine which minerals should be added to their fertilisers. An analyses by Hill Laboratories in Hamilton for 17 elements costs only NZ\$130, which can be justified in a home garden to then have correctly fertilised, health giving vegetables. A way to identify the requirements your garden has is to buy the Yates Garden Problem Solver from a garden centre or stationers, and grow a citrus tree. They are very sensitive to deficiencies and their leaves show the symptoms of deficiencies as described in the book, so you'll know what to apply. Also do your own trials with different fertilisers, and use plenty of compost and animal manure such as sheep pellets. Don't overdo N, P, K. An excess of any one lowers more important elements. See <http://www.grazinginfo.com> Pastures > Pasture Analyses.

Good animal farmers also analyse cows' blood and livers, in order to correct their mineral levels with fertilisers, and by feeding minerals such as magnesium and selenium. Humans seldom do anything about their own mineral requirements. Every year or two when getting a blood test, my wife and I get selenium (Should be 1200, not New Zealand's average 600.) and magnesium measured.

Meat eaters get minerals from animals grazed on correctly fertilised pastures, and minerals added to their drinking water. Cobalt is lacking in low organic-matter sandy and pumice soils, and in many vegetable growing soils after the organic matter levels drop from years of harvesting crops. Zinc is low in most NZ soils. Some animals thrive without supplements and so do some humans. Human mineral deficiencies can show up in different ways such as poor digestion which then causes poor circulation, cold feet, cold hands, declining memory, cramp, arthritis,

osteoporosis, fatigue, split nails, creaking joints, bleeding gums, headaches and pains in necks, legs, feet and joints. Between 1984 and 1988 I developed Solminix, now called DeLaval FeedTech, minerals

- a soluble mineral mix for feeding to animals in their drinking water. I sold the recipe to DeLaval NZ Ltd. It was so successful that vets and visitors to farms using it, would comment on the healthy look of the animals. Some vets rubbished it while some copied it and marketed their own.

The heifer on left had none, while that on the right, from the same herd, got FeedTech, and was grazing pasture fertilised with correct fertiliser for six months. Note the higher head on the one on the right. A hanging head in humans is also a sign of ill-health. FeedTech improved conception rates and production. Trials I did while rearing two lots of 80 calves through to yearlings, showed that those getting FeedTech ate less pasture, grew faster and needed less parasite control. FeedTech is so successful that it has been analysed and copied by four companies in NZ and some overseas. All failed to get theirs correct for a variety of reasons. Farmers repeatedly ask why vets recommend minerals, but doctors seldom do.

The first thing some people say when minerals are mentioned is, "Too much can be dangerous," but we are not suggesting too much. Swallow too much water and you'll drown, stop drinking it and you'll die. Anyway, the body excretes slight surpluses of some minerals easily, but can't absorb

elements if not there. About 1,300 (0.03%) in NZ die each year (NZ Herald 10 Aug 2002) from medical misadventure, while none die from mineral supplementation or homeopathics. Dr Mercola wrote that on average 100,000 (0.03%) American citizens die each year as a direct result of taking prescriptive drugs. Despite this the Australian and New Zealand governments are imposing regulations on natural products, but not medial drugs.

Doctors are not trained in nutrition, but enlightened ones notice that some patients suffer from low minerals. Fewer doctors are now saying that if a balanced diet is eaten, supplements are unnecessary. Everyone in New Zealand over 50 needs some mineral supplementation, otherwise they are committing slow suicide, but remember your digestion must be right (not affected by any item to which you are allergic), or minerals may not be absorbed.

Our distant ancestors cleared forests and grew crops, then when soils became depleted and insects increased, they moved on. They benefited from the minerals that trees had brought up and dropped in leaves, and from high organic matter (OM) soils which hold elements such as cobalt and selenium which leach from low OM soils. Today, crops are sprayed with insect poisons such as Malathion which was developed by Hitler to kill people, to allow them to be grown in the same fields year after year without rotations. Malathion also called Maldison, can cause Parkinson's disease.

Allergies

A \$400 USA book called Food Allergy, stated that allergies adversely affect 45% of people, but most don't know their allergies. I got Chris Rhodes, Naturopath, 45 Cunningham Rd, Te Rapa, Hamilton, NZ. Ph 850-6300 to test me holding each item I eat, or might eat, and didn't eat because I already knew I was allergic to them.

Chris Rhodes developed a brilliant and extremely accurate electronic system that gives incompatibly numbers between 1 (poison) and 100 (perfect). Have him test you against all foods, medicines you take, tooth pastes, deodorants, toilet papers (scent-free and ink-free ones are safest), etc. There are people allergic to apples (heaving), citrus (feet, joint and muscular pains), unripe or immature fruits, etc., but don't know it. The Chris Rhodes system gives each a number in seconds.

If you have digestion problems and don't want to go to the above two, try avoiding gluten (in wheat, barley and rye and anything polluted by them) for three weeks, then eat a few slices of bread, cakes and biscuits. If intolerant your tummy will tell you. Australian figures show that one in five people are intolerant or allergic to gluten, but most don't know it. Also try avoiding yeast, caffeine, chocolate, bread, all oxides (magnesium oxide, zinc oxide, etc.), coconut, preservatives (they are in bread, sausages, etc., which would go mouldy or bad in two days without preservatives), peanuts (have killed some people), amalgam, raisins, apple juice (but not organic) or peeled apples and some multi-vitamin tablets. Bird feathers affect some people. In older people digestion gets less efficient, allergies can increase and good multi-minerals become necessary. Five in our family have used Chris Rhodes with success. One felt better after three days of avoiding things shown to be incompatible.

Alzheimer's disease

I believe that it is the worst thing that can affect a person because it can also cause a spouse, relatives and friends to suffer even more than the patient, and for years. Avoid aluminium utensils and drink cans, and take zinc, vitamin C and E. Low levels of vitamin B12 and low folate have been found in Alzheimer's people, and the serum and red blood cells of patients with depressive disorders. In USA one in five people over 65 years of age lack vitamin B12, a deficiency that can cause pernicious anaemia that is unfortunately sometimes diagnosed as Multiple Sclerosis. High folic acid levels can mask the symptoms that may lead to permanent nerve damage if left untreated. Blueberries are recommended by world authority, Dr. Joseph Mercola. They also help eyesight.

Animal Products

Much of the criticism of animal products comes from USA (some say possibly from their grain industry), where pasture fed cows and pasture finished beef are rare. Pasture fed meat has a lot less fat (less marbling) than grain fed. Pasture-fed dairy produce and meat have much more Conjugated linoleic acid (CLA) which is good for us and helps control cholesterol levels and gets the best out of Omega-3.

A rural Australian doctor noticed that some patients repeatedly got skin cancer, whilst others didn't. He surveyed them and found that those eating butter (from mostly pasture-fed cows in Australia) didn't get skin cancer, while those eating margarine did. Margarine has been linked to the

increase in asthma. It can raise the bad cholesterol and lower the good. It is seldom called Margarine now, but hidden under other names. See www.soyonlineservice.co.nz The French government wrote, "We do not advise soy derived products for children below 3 years of age, because of insufficient nutritional value." I won't eat anything with it in - if possible.

Omega-3 and CLA in pasture-fed beef and lamb, inhibit cancer and promote prostate health, which many men are likely to suffer from in some form in later life. The Meat Research Institute of NZ found that pasture-fed lamb chops have Omega-3 levels as high as commonly eaten fish, and have CLA which fish doesn't have.

Calcium (Ca), Boron (B) and Magnesium (Mg) need each other (with phosphorus, copper and zinc) to form bone, so are discussed together. In a town in China where most peoples' knees clicked (grated) B was low, while in another town with ample B in the water, joints didn't click. In 1990 taking Bor-Rex eliminated clicking in my knees. Bor-Rex has Ca and B that also help reduce the chance of kidney stones. It is now not available, presumably withdrawn by the 'authorities', so we take Boron daily. Most soils in NZ are low in both. Research in USA (where Mg in some soils is double ours) showed that Mg deficiency increases the incidence of osteoporosis. Mg and vitamin B6 reduce the chances of kidney stones. Many NZ dairy farmers have fed magnesium to their cows for 40 years because it increases cow's absorption of calcium to prevent milk fever, and the Mg supplemented cows produce 15% more milk. Ca gets too much publicity, but excess Ca can lower both Mg and zinc. White rings around the irises of your eyes indicate an excess of Ca. Excess calcium in the blood can cause nausea, vomiting and calcium

deposits in the heart and kidneys. If eating ample dairy produce and greens, very little extra Ca with Boron should be all that is needed. Mg and B (with a little copper and zinc) can improve weak or brittle bones, aching and creaking joints, osteoporosis, arthritis, high blood pressure, and reduce the chances of colon cancer. Vitamins A (carotene) and D (sunshine) are also needed for Ca to be absorbed. Boron, a micro nutrient, aids the efficient absorption of calcium, magnesium, vitamin D and phosphorus. Three mg per day of B reduces the excretion (waste) of Ca, Mg and P in urine. Mg helps Ca be absorbed into bones. If you question this, search the net for 'bone + magnesium'. See Magnesium for more.

When healthy and not deficient in anything because of taking the right amount of the needed minerals, the skeleton is totally replaced with good dense bone every 7 to 10 years. See Weston A. Price Foundation. http://www.powerhealth.net/selected_articles.htm

In March 2005 at age 73, I had a bone scan for osteoporosis and showed Dr Gorringer. He immediately suspected low B and Cobalt (Co) and tested for them. Sure enough I was low, so he put Auriel and me on to Clinicians Boron, and Pharmaceutical Compounding NZ Ltd and Cobalt capsules - each once a day for three months. After three months, Auriel's hip and leg pain of 12 years got 95% better and most of my stiffness disappeared. B and Co are extremely low in most of NZ. A few months after stopping them, Auriel and I noticed a slight stiffness come back, so went back on to one a day of each.

At 75 I had another scan and although older my bones were the same or better, much to the surprise of the operator.

A USA study of over 4000, 30 to 60 year olds who were monitored for 18 years, revealed that the individuals with magnesium in the top quarter of the group had a 40% lower risk of dying from cardiovascular disease, and a 50% lower risk of dying from cancer when compared to those in the bottom quarter.

Copper (Cu) is essential for bones and hair. Lambs in Poverty Bay Hills used to break bones soon after birth. Fertilising with copper sulphate at 5 kg per ha stopped it. Osteoporosis vulnerable people should remember this, and ensure that they get enough Cu -1.5 mg to 3 mg per day. Going grey prematurely can be a sign of low Cu absorption. Too much zinc for too long can lower Cu absorption and cause hair to go grey. Cadmium is a direct antagonist to copper. Cadmium can be high in some soils, especially if fertilised with high cadmium fertilisers such as the North Carolina phosphate that was imported into New Zealand in millions of tonnes, until stopped in early 2000.

Chromate (Chromium) helps control the sugar level, so reduces the likelihood of diabetes and can eliminate the need for insulin injections. The Fred Hutchinson Cancer Research Center in Seattle gathered responses to a questionnaire on supplement use over a 10-year period from about 15,000 people. Taking chromium, vitamin B6, vitamin B12 and multivitamins appeared to reduce weight-

gain in more than one group, although none of these nutrients had an impact on people with normal weight. Chromium helps the body to use glucose effectively, and supplementation can help to relieve the symptoms of hypoglycaemia, including sugar cravings. For best results use a chromium supplement that also contains magnesium and zinc. If not needed to avoid diabetes, chromium should not be taken for extended periods, but on for a month then off for a month. It has been recommended for morning sickness.

From USA Randall Fitzgerald <fitzgeraldreport@hundredyearlie.com>

A randomised double-blind study of 113 people -18 to 65 years old -with depression, found those exhibiting the most intense symptoms were chromium deficient. Those patients in the eight-week study given a chromium picolinate supplement showed “significantly greater improvements” in all symptoms related to their depression. Chromium is a trace mineral in food

and is essential to enable us to metabolize carbohydrates, fats and proteins. It works as a preventive against diabetes. Normally it would be found in our soils and in foods like whole grains, onions, lettuce and tomatoes, but depletion of soil nutrients to the cultivated depth, and food processing, has removed most of it from our food.

End

See <http://www.grazinginfo.com> Soils > Cultivation to see how bringing up subsoil helps.

Exercising regularly has cured some pains that people have had and lowered high cholesterol, blood pressure and heart problems. Cholesterol is not the enemy some claim. Some is needed, especially the good one. Cholesterol is necessary for hormone production, among other things. Taking Statins can cause people, especially women, to have significant hormonal imbalances. Look it up on the Net.

Oxygenate your body several times a day by deep breathing and exercise. The arterial blood supply, carrying oxygen and nutrients, is critical to the functioning of your brain which weighs only 1.5 kg, but uses 20 percent of the heart’s output of oxygenated blood. The brain can survive only a few minutes without oxygen.

Rest Have plenty of fresh air around you day and night and pitch darkness in your bedroom to fully rest your eyes and get deep sleep.

Eyes Hamilton Eye Clinic said the pain I had in an eye was Blepharitis, as did the Waikato hospital. A doctor said it was not, but could not fix it. Hamilton Eye Clinic, and three other Hamilton eye clinics could not fix my sore eyelid following cataract removal. While on holiday a Hawaiian eye doctor did with a steroid.

Fluoride (F) In June 2003, pain occurred in my right knee while walking up stairs. An Internet search for “sore knee + cause” indicated that it was possibly from too much fluoride, which is in Hamilton’s town water that I drank a lot of, so we changed to spring water and three months later my knee was better and still is. We’re still on spring water with no knee problems, and we drink more because it is so nice. I also stopped using Fluoride toothpaste. On the Net there is information on how bad F is. Health departments and bureaucrats don’t like to admit they are ever wrong, so don’t change their stance. The only way that bone cancer has been induced in experimental animals has been by fluoride overdose. The large number of people these days with knee and hip problems could be from fluoride.

A trial in 1953 between Napier, with no added F, and Hastings with it added, was stopped because Napier children’s teeth started to be better than those in Hastings. This is what we are up against. Some professions will never admit a mistake and some don’t want cures, they prefer the opposites.

Ginkgo Biloba tablets (2 a day) make me feel better. They are reported to improve blood circulation to extremities that includes the brain, eyes, ears (less tinnitus) and feet, and improve memory (the Chinese, and a Melbourne University trial in 1999 confirmed this). It has helped me and others reduce tinnitus. Decreased blood flow to your brain can cause a stroke, and to your legs and feet can cause dull or severe pains called claudication. One Cartia (= half an Aspro) a day helps keep blood thin for better flow to extremities and eliminated my (and other’s) dizziness when bending up and down. Ginger also helps. Stop taking blood thinners a week before any operation, because they thin blood and can slow coagulation.

Ginseng is claimed to reduce ills (Aug 2000 NZ Consumer magazine).

Gluten In March 2002 after a decade of tummy upsets and no help from two doctors and two specialists, by chance I read the Celiac and gluten intolerance symptoms, and I quickly saw that they

were what I had. I avoided wheat and gluten completely and after two months felt better. See www.Celiac.com

I later read that gluten intolerant people are often allergic to yeast, which I then avoided, and my digestion improved even further.

Wheat is bad for many people. It is not the meat, cheese or salads in hamburgers that are the fattening junk, it is the wheat (bread). Wheat is fattening so is not fed to animals and is low in protein and minerals. Wheat eating nations get fat and sluggish. After reading Dr Atkins' two books (Hamilton library) in 1998, I ate less bread and wheat foods, replacing them with oats, maize and rice products, meat, cheese, nuts, vegetables, salads and fruit, and lost three kg in three weeks, without going hungry and felt better with more energy. I later found I was gluten intolerant so avoiding wheat would have made me feel better.

Dining out is a problem, unless you go to restaurants like Memory Lane (self help) where you can choose your own, or like Tables on the River where the menu is marked for gluten and dairy intolerant people.

When the small intestinal wall is damaged by gluten it is not able to absorb nutrients as efficiently, which then leads to fatigue, blood sugar problems and vitamin and mineral deficiencies, and worse such as Leaky Gut Syndrome and Irritable Bowel Syndrome.

Gout causes sore toes and feet. It is a poor circulation problem, causing uric acid to build up in the feet. I was diagnosed with it by two doctors. The symptoms were sore toes, especially severe pain in the big toe. I Google and asked people for help and used it. John Spence of Morgan Clinic said to open and squeeze toes as is done with fingers when donating blood to increase circulation there. I do this while washing my teeth, shaving and at the desk. Exercising feet increases circulation and removes the uric acid to your kidneys where it can be flushed out. Shoes and tight slippers restrict foot movement, so go bare foot or in socks when you can, and walk on your toes sometimes. Also avoid citrus, and vinegar based items such as tinned beetroot, too much cheese, and eat at least a level desert spoon of clove or organic liquid honey daily. Use it to control acid refluxes - read about it.

Honey

Is an antioxidant that enters the blood. It must not have been heat-treated. Manuka honey is the best one.

These things got rid of my foot pains. Four times I have stopped any one of the above, and pains have returned. Having a power point or power cable within a metre of your feet for too long, such as under a desk, can also cause foot pains. Pins and needles, sharp pains and tingling in feet or anywhere on the body can be from lacking vitamin B12, or too much iodine, or from too many iodine rich supplements such as kelp.

Hair analyses

When my wife and I got our first hair analysis in 19xxxxxxx, the minerals we were taking were OK, while others were low.

The following elements are required for the body's structural tissues and for metabolic functions, particularly enzyme reactions. However, deficiencies or imbalances among elements can lead to problems -

Low zinc is associated with thin splitting nails, poor wound healing, weight problems, depressed libido, hair loss, and impotence and prostate problems.

Low magnesium is associated with cramp, cardiovascular problems, depression, and anxiety. maldigestion or malabsorption of food, some medications, excess stress, a poor digestive system or an improper balance of nutritional supplements.

The following elements may inhibit enzymes in your body, weaken cell membranes, or impair nutrient delivery, which can lead to illness. Exposure most commonly occurs through everyday living, but may result from an industrial work environment.

Exposure to cigarette smoke (cadmium), hydrogenated oils/nickel, antiperspirants, antacids (aluminium), some toothpastes and cans (tin), tap water (lead), and tooth fillings and some fish (mercury).

Excess lead is associated with fatigue, constipation, insomnia, emotional disturbances,

hyperactivity, and learning disabilities in children.

- Excess aluminium is associated with Alzheimer's disease, and may also lead to the depletion of phosphorus and magnesium in the body, which are critical for bone health.

- Excess arsenic is associated with fatigue, skin problems, and tingling in the extremities.

Excess cadmium is associated with fatigue, tissue aging, musculoskeletal pain, anaemia, and hypertension.

Hair analyses are obtainable from Robyn Jackson N.D, Natural Diagnostics, Hamilton, phone 07 853-7080, or from Linda Lomberg, Auckland, ph 09-274-8104. It costs about NZ\$140 and can show deficiencies and excesses such as high aluminium and mercury, which Alzheimer's sufferers have an excess of in their brains. Some can be drained out of the body. Auriel's and my hair had adequate levels of the minerals we were taking, but were low in those not taken, showing that today's food is low in minerals. Mine was high in mercury from amalgam. I got the mercury drained out (There are several drainage treatments.), after which hair mercury levels dropped. It increased again and we traced it to eating Orange Roughy fish every week. It has 500 ppm, and shark as used in some fish and chips 900 ppm. Wild Salmon has 1 ppm. Don't eat farmed Salmon which is crowded and artificially fed with grains and who knows what.

Natural Diagnostics complete analysis showed that I was not eating enough salt, needed more protein which I now get from Red 8 whey powder (75% protein). It also showed that I needed more fat which I now get from eating Olivani (from olives) with each meal. It certainly improves my digestion.

Before sampling use Johnsons Baby Shampoo for two weeks, then take a heaped tablespoon of hair from the nape of your neck.

Weight loss Robyn Jackson told me for months to eliminate all sugar and jams (half sugar). After I did and ate no wheat and very little carbohydrates, but lots of protein, vegetables, fruit and more fat and more natural salt, I lost 8 kg and 16 cm in 8 weeks without going hungry, and felt so much better. You try carrying 8 kg with you all day and see how nice it is to put it down.

Hair Loss A photo of me in 1972 shows that I am not a lot balder now in 2009. How did I slow down baldness? When looking for a shampoo that would stop my itching scalp I started using Revlon ZP 11 shampoo which contains zinc. In about 1980, ZP 11 was taken off the market and I noticed baldness increasing so phoned Revlon and they brought it back.

Heartburn and reflux are common in older people. Many in our Waikato Organ Society control it with Losec for the rest of their life. Outside of New Zealand is not recommended for more than one month. Heartburn can be reduced by eating frequent small meals (6 times a day), fruit juice and fruit when you arise, proper breakfast, fruit and/or several biscuits for morning tea, not too much lunch, afternoon tea of fruit and a biscuit, small dinner and decent size supper of fruit only. The more fruit, the less acid and gas. A fat tummy, tight belt or clothes, not sitting up

straight, toxins or allergies increase refluxes. If you have digestion problems, you will not stop refluxes until you fix your digestion. Kiwicrush drink from supermarket freezers, and Phloe from some supermarkets helped my digestion a little, but after trying five digestive aids and probiotics, the probiotic Probex made by Metagenics helped the most by improving it in one day. The excess acid in early hours of each morning, however, continued. Unless your diet is perfect (no sugar, few processed foods, etc.) taking probiotics is the best way to ensure your digestive tract is balanced with the necessary "good bacteria" your body needs. A visit to Chris Rhodes, helped. He said to eat fruit mixed with every meal and take his Golden Seal and 400 enzymes before each meal and before bed, followed by a Kiwifruit and two Phloe capsules. I also found that drinking Red Sparkling Grape Juice with dinner and whenever thirsty until the next morning helped, and drink nothing else from dinner until getting up. It is delicious and acid, so discourages acid production. Honey in water also soothes a sore throat and tongue that acid reflux causes, so I have some next to my bed.

Iron (Fe) reduces anaemia, improves energy (if you are low in iron), improves blood and health. Fe lowers the absorption of copper, selenium and magnesium, so take Ferrograd with vitamin C on its own, say before breakfast with Black Currant juice or Kiwifruit (both are high in vitamin C), which increases Fe absorption. Adequate copper is necessary for Fe to reduce anaemia. Auriel (my wife) and

I both suffered cramp that MP 65 fixed, but when we took a multivitamin containing Mg (for cramp) with Fe, we got cramp again, whereas when we take the identical multivitamin without Fe (made for people like us who should not take Fe) we didn't get cramp. Excess Fe can cause severe problems. A diet too high in iron can contribute to the release of free radicals that can speed the degeneration of brain cells, resulting in Parkinson's disease. Iron overload is apparently an inherited ailment. Measuring iron levels is important for optimising health, especially for men and postmenopausal women, since excess iron is most common among these groups. However, simply measuring serum iron is a poor way to do this because frequently the serum iron will be normal. The most useful of the indirect measures of iron status in the body is through a measure of the serum ferritin level, in conjunction with a total iron binding level. Another way is to look at your nails. The pink colour should be strong -almost red. When the ring finger nail is squashed firmly for 3 seconds, then released it should be white and revert to pink in a second. If it does, don't take iron. Nails of severely anaemic people can take 5 seconds. Dr Joel A Simon and colleagues found that, "serum ascorbic acid levels were associated with prevalence of elevated serum ferritin (body's iron stores) levels among women". Therefore, the researchers suggested that women who have a genetic disposition to iron overload might consider lowering their ascorbic acid (citrus) intake.

Excess iron can be a severe problem so watch for it. Some may have been drained out of their system. Too much, and with too much calcium, can create dry friction material in joints and later require hip and knee replacements.

Kidney stones. An Otago University survey found that English type black tea without milk increases the likelihood of kidney stones. Three people I know who drank black tea without milk got kidney stones. It is very high in manganese, which milk neutralises. Mineral imbalances can also cause them.

Magnesium (Mg) helps regulate blood pressure (can help lower high pressure), aids digestion, bones, muscle activity (the heart is a muscle), and general health. It is best to spread magnesium supplement intake into three daily doses, including one after the evening meal because it is relaxing. Ideally magnesium should be taken separately from calcium, and not with a high-fat meal. Vitamin B6 has been shown to increase intracellular uptake of magnesium. Studies have shown that magnesium oxide is the least bioavailable form of magnesium, and some are

allergic to the oxide. When taking magnesium supplements, it is important to realize that it may take months to replenish body magnesium stores through oral supplementation. In some people it reduces reflux, angina, tension, anxiety, migraines, asthma, kidney stone formation, stuttering, cramp and leg pains. If cramp continues, reduce or increase natural, unprocessed sea salt intake, to get the balance right. Mg is also an important mineral for endurance athletes, who can become magnesium deficient because of increased magnesium losses in perspiration. Surveys show that Mg deficiency increases the risk of cardiac disease, suicide and other causes of death. Most of NZ is very low as is some of USA, while Wisconsin and adjoining States are very high. Since 1940,

about half a million (0.17%) Americans (= 6,000 New Zealanders) are reported to have died each year from Mg deficiency and their soil levels are 50 to 100% above New Zealand's.

Mg has been added to some asthma inhalers with good results.

Avoid Mg chloride, and some people are allergic to Mg oxide. Auriel and I have tested many magnesium supplements, and found that Blackmores MP 65 (magnesium phosphate) good. Suck it after meals. Other magnesiums and dolomite (61% Ca carbonate and 37% Mg carbonate, both of which are hard to digest) have not helped me or some others. At 72 I started getting occasional cramp again. Cobalt and boron stopped it. Never take any form of quinine for cramp, because other health problems can occur. If a doctor prescribes quinine, get a second or third opinion.

Dolomite is no longer recommended as a calcium or magnesium source because some may be contaminated with toxic metals such as lead. Several studies have revealed significant toxic metal contamination of many randomly selected and analysed dolomite supplements. In one study of randomly selected dolomite tablets, Aluminum, arsenic, zinc, cadmium and lead were among the metals found. The researchers cautioned, "These trace metals could pose health risks to the public such as lead poisoning, dementia and hypertension due to cadmium. Also, the zinc in it can potentiate cadmium-hypertensive effects." Another researcher has pointed out that, "Physicians must consider the possibility of unrecognised self-poisoning from the consumption of such substances, especially in the context of unexplained neurologic, gastrointestinal, cutaneous and hematologic disorders."

Guy Abraham, MD in USA, pointed out that, “Asian and African diets are low in calcium (300 to 500 milligrams daily), but high in magnesium and osteoporosis is not more common in Asia or Africa than in Europe and America, where daily calcium intakes are often 800 to 1,000 milligrams daily, but with low magnesium. Dairy farmers feed Mg (not Ca) before calving to prevent milk fever in cows, which is a low Ca problem. Cows fed Ca before calving get metabolic diseases and fed Mg before and after calving produce 15% more milk solids.

Finland may serve as an object-lesson on the perils of a high-calcium, low-magnesium lifestyle. Marier observed that in Finland the per capita dietary intake of calcium is among the highest in the world at 1,300 milligrams per day, yet Finland has an exceptionally high death rate from cardiovascular diseases. A 1978 study found a strong correlation between the dietary calcium/magnesium ratio and the death rate from ischaemic heart disease. At that time, the USA, Finland and Holland had some of the highest heart disease death rates, combined with some of the highest calcium/magnesium dietary ratios, while Japan, with the lowest heart disease rate, had a roughly 1-to-1 calcium/magnesium dietary ratio. In an extensive 1964 article reviewing magnesium balance studies, magnesium expert Mildred Seelig discovered that for most people, at least 6 milligrams of magnesium per kilogram of body weight is necessary to ensure a positive magnesium balance. Mg is generally a safe nutrient, but those with any degree of impaired kidney function should use magnesium and most supplements only with physician supervision.

An excess of Mg can make some sleepy.

Muscles have been mentioned. Avoid stressing and straining muscles, especially when you get older. For example, don't try to reach something from the back seat while driving, because at age 76 doing this strained my arm muscle which took months to heal.

Malaria occurs in over 100 tropical and semi-tropical countries, so if travelling to one, take preventative medicine before arriving, wear longs, and long sleeves in light colours. Insects are usually attracted to light colours, especially white, and will often land on white clothing and not on exposed parts of the body. Sleep under nets. Symptoms often don't occur until some time later, in which case see a doctor and tell them where you've been.

Manganese, if deficient, can accentuate stiff joints and tinnitus, however, Parkinson's disease can occur from excess Mn and/or from pesticides and herbicides, especially organophosphates like Malathion. Parkinsonism in Mn miners has been reported in some countries. Mn can be too high in farm waters so more rural people in NZ get Parkinson's than those on town water. Four people I know who owned plant nurseries suffered Parkinson's. They all used organophosphate sprays extensively and were on farm water. If not on tested town water, get yours tested by Hill Laboratories in Hamilton. Mn can be filtered out.

Mercury is in amalgam fillings. In 1993 after seeing two TV documentaries about the ill effects of amalgam fillings, I questioned my dentist. He and a second one rubbished it. I went to a third who I knew and got a more receptive hearing, but he was not allowed to acknowledge that amalgam adversely affected some people. Five months after having it all replaced, I discovered that I was not so allergic to chocolate, which from about 16 had given me hundreds of boils and a bad skin, until I stopped eating it. After the removal of the mercury fillings, my skin and health improved. An unwell friend had hers out and improved in health. Another eliminated her migraines. Obviously most people are not allergic to amalgam, but if you read the book “Beating Alzheimer's” by Tom Warren you'll have yours removed, you'll take zinc and avoid using aluminium cooking utensils, and won't drink from aluminium cans. Most dentists now acknowledge amalgam adversely affects some people. As late as 1987, if a dentist in USA told a patient that he was filling with mercury he lost his licence, despite that by then the public had become aware of mercury problems. Mercury inhibits the absorption of magnesium. I don't have to take as much now to stop cramps as when I had amalgam.

Fish from the East coast of New Zealand has a lot more mercury than from the West coast because the live volcano on White Island has mercury which has pools of mercury under the sea around it. Google for “New Zealand fish + mercury”.

Minerals are cheaper than doctor's bills and health is more important than the cost, but people with ailments should also see a doctor and/or specialist, and not hesitate to seek several doctors' opinions. None know everything. Champion squash player Susan Devoy, when asked on TV how she had so much energy, said, “By taking vitamins and minerals.” NZ Champion golfer, Malcolm Campbell takes Mannatech products. Runner Nick Willis, who won the 2006 Commonwealth Games

1500 metres comfortably, had been training in USA, so he would have been eating foods with higher mineral levels than in NZ.

Multivitamin & minerals tablets Avoid ones containing iron. Clinicians CardioCare are good. Some brands are not. Many people have felt better within hours of taking one. Government recommended daily intake (RDI) limits us from getting adequate amounts of some elements in multivitamins, so more of some items may be required by some people. RDI is generally recognised as the lowest amount we need to survive, not the best amount for optimum function. Avoid cheap ones that make your urine smelly and extremely yellow. They can overload your kidneys. Check after half an hour. Drink lots of water, but not with or immediately after meals.

Phosphorous can be in excess, because it is a plant growth mineral used by growers. An excess can cause sore swollen joints, but the right amount is needed for many functions.

Salt consumption was campaigned against in the 80's because of problems of a few, usually overweight high blood pressure people, who had been eating too much, but not a problem of the majority. Those promoting less salt didn't allow for the reduction in iodine intake that was added to table salt in NZ over a hundred years ago to prevent goitre, so goitre and thyroid problems have increased. Salt is essential, especially in hot weather because it helps control your temperature, balance fluids in your body and the contraction and relaxation of muscles. Runners have fainted through lack of salt and/or magnesium. The correct balance of sodium, potassium and magnesium is important. Monitor the feelings in your body after taking the items you think you need. Listen to your body, for example don't stay in one position for too long and suffer stiffness or cramp. Get up and walk around at least on the hour.

New Zealand table salt is dried from the sea in the open so is leached each time it rains, and we get plenty. It then has good elements removed to make it flow and iodine added.

Redmond Real Salt, 92 North St. Morrinsville 07-889-6887 from USA or Himalayan salt both from health stores, are far better because they are not leached.

Google for 'Malcom Harker + Celtic Sea Salt' and see

There is impressive medical evidence, which explains why a low-salt diet will NOT help you live longer. However it can give you strokes, damaged kidney and brain function and loss of sexual ability (impotence and frigidity).

Dr de Langre revealed the following points

* A low-salt diet for the treatment of high blood pressure is a colossal national disgrace, based on dogma, not evidence

* A salt restrictive diet can actually RAISE your blood pressure

* A lack of salt can cause accelerated aging, cellular degeneration and biochemical starvation

* A lack of salt can literally cripple your health and cause liver failure, kidney problems and massive adrenal exhaustion

* On a salt-free diet, the valves of your heart muscle can tire, lacerate and cause a fatal heart attack The healing powers of good salt equal those of Vitamin C, Vitamin E and many other nutrients in the health food store.

End

Scale on skin as occurs on old skins increased on my arms in 1999. Excess sunshine when farming started it, and I had cracks in my heels from going bare foot. They were so sore that I asked the doctor if he could stitch them up. He couldn't. I went to DeLaval Manufacturing at 3

Kells Place, Frankton, that I helped establish when consulting for DeLaval. They made the FeedTech animal minerals that I developed, and Liquid Flowing Soap which was developed for dairy farmers' hands. Within weeks of showering with Liquid Flowing Soap my skin improved and my heel cracks gradually healed. How does it do it? It contains a bactericide as well as an emollient and surfactant. We take antioxidants on a regular basis, why not keep bad skin bacteria at bay? I shower with it twice a week. On the other days I use Revlon ZP 11 which has zinc and I'm sure slowed my going bald.

Selenium (Se) is an antioxidant, which must be taken with vitamin E to help the immune system, reduce neck and muscle stiffness (the brain and heart are muscles), aid digestion and general health. One of the main activities of this mineral is its anti-aging properties, and its ability to help reduce free radicals, as well as the toxic effects of mercury, lead and cadmium. Selenium also helps stop damaged DNA molecules from reproducing, so prevents tumors from developing. "It contributes

towards the death of cancerous and pre-cancer cells. Their death appears to occur before they replicate, thus helping stop cancer before it gets started,” says Dr. James Howenstine in “A Physician’s Guide to Natural Health Products That Work”. Selenium makes chemotherapy safer and more effective. Along with preventing the onset of the disease, selenium has also been shown to aid in slowing cancer’s progression in patients that already have it. According to the Life Extension Foundation, the use of selenium during chemotherapy in combination with vitamin A and vitamin E, can reduce the toxicity of chemotherapy drugs. Se is very low in NZ because of our acid soils and high rainfall. Finland legislated in 1984 that Se must be added to all fertilisers, which meant that humans also benefited from it in their vegetables, as well as in meat from grain and pasture-fed animals. New Zealand should do the same. Human blood tests show that most in NZ have only half the optimum level. Read “Selenium as Food and Medicine”, by Dr Richard Passwater, Pivot, USA, and “Selenium”, by Alan Lewis, Thorsons, UK (Hamilton library). Trials show that Se with vitamin E reduces the chances of cancer. USA trials found that men became more positive. A friend was crippled with sore feet, which got better after she took MP65 and Vita-fit Selenium ACE (vitamins A, C and E), which has 150 mcg of Se which is 50% more than some. Vitamin E retards cell ageing, improves skin and eyesight, stamina, endurance and inhibits clot formation. Excess vitamins E and K can increase the chances of blood-clotting, so don’t take too much. NZ animal farmers fertilise with Se (Selenium at 0.1 kg per hectare costing only \$8 per ha) because it pays them to have healthy animals. Vegetable growers don’t. Our vegetables and grains contain only a fraction more Se than those who suffered Keshan disease (Se deficiency) in China. Despite this our health department does nothing to promote Se. Their typical bureaucrats know that the average blood levels in New Zealanders is 600, so if a sick person has that level they think that they’re OK, but it should be 1,200 which is the level in countries where it is not deficient. We need up to 200 micrograms of Se daily depending on the soil levels where your food is grown. If vitamin E is not taken with it, no benefit will be obtained. Many don’t know this so sell selenium tablets without Vit E. USA researchers using 1,000 people claimed that selenium didn’t help “on its own” with heart health, so they also didn’t know about Vit E. Those same people could claim that soap doesn’t work -if they didn’t know to use water with it. In the 50s Se didn’t help lambs with white muscle disease of the heart in confinement lambs in USA, but did save lambs in New Zealand from dying when grazing green pastures that are high in Vit E.

Glucosamine also helps muscles, but mainly joints. Some nuts, such as brazil nuts, contain Se, but not if grown in New Zealand or other low Se areas. All nuts, once shelled, should be kept in a fridge, because they can grow mould.

Tinnitus is the ringing or noises in ears. If it occurs, go to an ear and hearing specialist who cleans ears because the noise could be from a hair touching the eardrum. In Hamilton, Theresa O’Leary of Toblecs Ear Centre Ltd, 74 Naylor St. Ph 856-0002, improved my hearing and

reduced my tinnitus. She uses minute scissors to cut hairs away from the eardrum and a small vacuum cleaner to suck out hairs and wax. Since going to Theresa every six months since 2002 and taking Ginkgo Biloba, my tinnitus has decreased to no-problem, and even with age my hearing has not got any worse (last test was in March 06). She charges \$45 and will tell you how often to get them done, or if not required. Go only to a professional ear cleaner, not to a doctor who doesn’t have a vacuum cleaner made for the purpose. A doctor in the 70s yanked a lump of wax out of my ear and damaged the eardrum. Theresa can still see the damage. Ear vacuumers were first developed to help children in areas where glue-ear was a problem in the 50s, and is another example of some doctors not keeping up with even old technology other than that from drug companies. After colds, fluid sometimes builds up behind the ear. Vitamin A capsules three times a day drains it out.

Ginkgo Biloba reduces Tinnitus and helps memory, according to Otago and Melbourne universities.

Vertigo is a dizzy sensation where everything spins uncontrollably, and is sometimes accompanied by nausea and vomiting. The sensation is a little similar to acute seasickness. In 1996 I woke up to my first attack of vertigo. I thought I was going to die. The room and I were spinning round, even while lying down with my eyes closed. Later I thought it was possibly from not drinking enough liquid the day before. I have low blood pressure, so need a lot of liquid or get light headed. My blood pressure was 110/70. However, I was diagnosed with benign positional vertigo and was told it would get worse and be more frequent, and that there was no ‘Western’ cure, except one that

had dreadful side effects. I later learned that vertigo is a symptom of gluten intolerance. Since being off gluten from March 2002 the vertigo has seldom occurred and only very slightly so is not a problem, especially as three homeopathic Vertigoheel (a German homeopathic product) pills fix the dizziness within a few hours. They also control car and seasickness.

I keep health records and wrote in November 1999, "Mild vertigo returned, possibly because I ate a lot of bread at xx's party and at a restaurant (soup with three pieces of garlic bread) that night, from going too long without eating and being tired and hot." I didn't know about gluten then. Now I know it was the gluten in bread that caused the vertigo.

About 5% of Celiac sufferers get nerve damage that can vary from tingling and numbness in the feet to confusion, memory loss, dizziness and loss of balance, and visual abnormalities. These sometimes occur without the dozens of other gluten intolerance symptoms.

Minerals and vitamins won't solve all problems. I suffered vertigo for two years, until Ricky Gorringe gave me a free sample of Vertigoheel in April 99, and my vertigo stopped completely within a day (what bliss). Auriel and our daughter were sometimes getting slightly dizzy. Vertigoheel stopped it. It is available from Ricky Gorringe at the Hamilton Medical Centre. He has a good system of identifying allergies and toxins in the body and draining them out and has helped thousands, curing over 500 so-called asthmatics. Asthma is high in NZ, often because doctors diagnose any lung problems as asthma, when it can be a mycoplasma which Ricky Gorringe cures, while most doctors (trained by the drug companies) recommend continued treatment rather than cures.

Yeastop can reduce sinus, catarrh, phlegm, sinus and dairy produce allergy. Since I heard about it in 1993 I took one a day which allowed me to enjoy dairy produce galore without the phlegm. It has echinacea, selenium and vitamin E that help the immune system. One a day helps some asthma sufferers. If ordinary common cold symptoms continue, it could be from sinusitis, not a cold. Four times over the 12 years I had stopped taking Yeastop, and the symptoms had returned. In December 2005 I mentioned it to Ricky Gorringe who checked me against dairy produce and found I was not allergic to them. He then said that I need not take Yeastop if he drained the cause out of my system, which he did, and hey-presto no Yeastop and no sinus problems, catarrh or phlegm. It was a toxin in my body causing the problem and giving me a few pimples that also stopped. I felt so stupid and cross that I had not asked him about it when I first went to him.

I take some of the above minerals and vitamins, mostly at lower than recommended rates, and feel much better than in 1983 before taking any. Before doing so I suffered a stiff neck and joints, cramp and arthritis (according to two doctors), but now I don't. Auriel saw how they helped me so takes those she needs, and feels better with fewer aching joints and much better nails and skin. Dozens of people to whom I've given this information have benefited. The feet of one got better so she could go walking again. A man could put his shirt on again without help from his wife. She was so pleased. Take those you think may help you at the rates on the container for more than a month. If things improve, reduce or discontinue one at a time, to see which you need, and at what rates. Some people need half or quarter rates, some need none. People are all different. If necessary, have Ricky Gorringe fix your digestion and you'll need fewer supplements.

Zinc (Zn) This valuable mineral/antioxidant increases the production of white blood cells, which fight infection, and helps them fight more aggressively. It also increases 'killer' cells that fight against cancer, and helps white cells release more antibodies. Zinc supplements have been shown to slow the growth of cancer.

Zn is one of the strongest antioxidants, is a bone builder, and has been claimed to reduce the chances of Alzheimer's disease and prostate cancer. Zinc is essential for enzymes, sperm production and other bodily functions such as the production of testosterone and cell growth stimulation. Foods high in zinc are meats, eggs, and seafood, but they can't supply enough in today's world.

After taking zinc some report feeling better -gums stop bleeding, nails become smooth and thicker and stop splitting, long-standing sores heal and the prostate behaves better. The prostate contains more Zn than any other organ.

Zn is found in most cells in the body and is in about 200 enzymes. Enzymes are molecules involved in speeding up chemical reactions necessary for the body's functions. Zinc is the most needed used of all the essential trace minerals and is required for the healthy functioning of the hormone system - male and female sex hormone production, insulin and growth hormone. Adequate zinc levels are essential to the proper functioning of the immune system, sensory functions, skin

health and pregnancy nutrition. NZ farmers feed it to ruminants to prevent facial eczema, a very severe liver damaging problem. 40 years of Ruakura research couldn't find a solution, but Gladys Reid, an ex-dental nurse and farmer did. She knew that dentists use Zn to heal gums.

Excessive promotion of calcium has caused many people to take too much, which inhibits Zn absorption as does iron, so take them separately and no more than necessary. Excess calcium will also inhibit magnesium absorption. Magnesium is better for you than calcium, and is better at protecting against osteoporosis. Zinc and boron are also needed for bones.

A Zn taste test from some health stores and specialists tells you if you are low.

Some conventional medicines drain zinc out of the body. About 50% of people world-wide suffer from Zn deficiency, and in Turkey it is so low that in 1997 their government subsidised adding Zn to fertilisers. It doubled the Zn content in wheat and was calculated to benefit Turkey by a hundred million US dollars. In South Africa Zn is added to oatmeal and flour. Unfortunately it is zinc oxide to which about 10% of people are allergic, causing slight nausea and diarrhoea. Zinc Citrate would be better. An ex-MAF so-called fertiliser and mineral scientist's web site says that zinc is not deficient in New Zealand. If he looked at people's finger nails and cows hooves he'd see how wrong he is.

While looking at your nails, look for straight lines which indicate low vitamin Bs.

When people had galvanised water piping, roofs and water tanks for drinking water we got some, whereas now with plastic piping, most people need more Zn.

If you have copper piping in your home you'll be getting plenty of copper. Too much can suppress zinc. Many crops are sprayed with copper, so we can get an excess of it. Hyperactive children have been found to be high in copper and low in Zn. Zn lowers copper absorption. A USA report stated that hyperactive children were low in Zn, and that if selenium was also low the hyperactivity was worse. Take Zn at cuppa time with a biscuit or similar, not with meals because it lowers absorption of selenium and copper from your food.

The RDA of 15 mg is too low and may be insufficient for athletes because exercise causes a loss of zinc, so you may need to take a supplement. There is some evidence that excess zinc may interfere with the enzymes that protect red blood cells, contributing to mild anaemia and poor clotting ability. Aim for between 5 and 20 milligrams of elemental Zn a day. Some of this will be in your food. It is safe up to 75 milligrams (some say 100) a day, after which it can inhibit the immune function.

Our health department and government could save billions of dollars by recommending zinc and other known health-giving items.

Sundry problems Ricky Gorringe improved Auriel's lungs and breathing, however not 100%, and while checking, found that she had Avian lung which he cured, as well as radiation toxicity, so he asked if she'd been in Europe after Chernobyl. She had, and after draining radiation out of her body she can now run without using an inhaler, whereas previously she had to carry a puffer with her and use it after walking from the kitchen to the bedroom. I went to another toxin identifier and asked if I had radiation and I did, but she didn't know what to do about it. I then had Dr Gorringe check me and he drained mine out. My wife and I feel better now than we did two decades ago, despite now being 78.

Not sleeping well Ricky Gorringe noticed a slight darkness under my eyes and suggested that I was not sleeping well. I was taking an hour to get to sleep and waking up after an hour or so, and so on. He asked if I had any electromagnetic fields (EMF) from power cables around the bed and suggested getting Gary Beck of Elec-Technique Ltd. He found that when I was lying in bed I was getting six times the maximum EMF level because the TV was at the foot of the bed, and power cables, reading lights, an electric clock and charger transformers (the worst), were all within a metre of me. They should be more than two metres away from any part of the body. We had them all moved and switches operated by pull cords were put in the ceiling. The very first night I slept better and longer, without waking three to five times. Auriel stopped waking at 5 am and wishing it was later so she could get up. If we have a late night and are up until 1 am, we sometimes sleep until 8 am.

My office had four transformers (router, hub, phone & chargers), cables past my feet, an old computer monitor and old TV. Both have been changed to liquid crystal (LCD). We moved the cables and power points further away.

Tiredness can be caused by lack of sleep from EMF (see above), poor digestion, anaemia from low iron and/or low vitamin B12 levels, insufficient salt or any deficiency, and of course old age - which comes on faster if unhealthy. Mannatech glyco products have made me more energetic and feel

younger.

Not tooth ache I had been to the dentist complaining about toothache in my front teeth. He X-rayed, tapped, heated and cooled them and declared them all OK. A month after changing the computer monitor the tooth/jaw pain went -frightening to think of what could have happened if I

hadn't done so! Auriel later developed a toothache type pain on the right of her jaw, but the dentist could not find a problem. She had been sitting just left of where the power enters the house and some power points. She moved her chair and in three weeks the pain ceased. The wife of the previous owner of our home suffered Alzheimer's and she had sat in the same position. I asked our dentist if he got many come in with toothache he can't find. He did, so how many are suffering from EMF? The increases in brain tumours, I believe, are from EMF in and over homes. See Further reading below.

Hospitals

Auriel woke up very unwell with vomiting, diarrhoea and could hardly speak, and slept right into the afternoon. I phoned our doctor and learned that house calls are no longer made and was referred to a clinic or hospital. I phoned 111 and a St Johns ambulance took her to the Waikato hospital. I followed and was with her most of the time until 10.30 pm, when we came home. Until 10.30 pm they didn't know what the problem was, then they said it was food poisoning from the pork she, but not I, had eaten the night before. TV news that night said that one hospital had 20 with Noro virus, which has identical symptoms to Auriel's, and another had four. It was claimed to be so infectious that they had quarantined the wards. We went to bed pleased that it was food poisoning and not the infectious one, however, next morning I had identical symptoms, but not as severe. I phoned Dr Gorringer and a neighbour went and bought what he recommended -an anti diarrhoea and Emphysemol. So it wasn't food poisoning. The hospital prescribed no medicine. Is there no communication between hospitals about infections that are occurring!?

Physios fail. In 1990 I fell on concrete and injured my right elbow, which restricted its movement. Visits to my then-doctor, and six weeks to a physio, were of no help. I had to use my left hand to comb my hair and brush my teeth. In 1991 at age 60, my then doctor said I would have it for the rest of life. In 1992 the Hamilton Acupuncture Clinic fixed it 90% and later the Morgan Clinic fixed it completely. Morgan Clinic, with no government subsidy, has the high success rate of only 2.2 visits per patient. Physios final success rate is extremely low despite a very high average number of visits per patient -and they are subsidised. Over decades, physios have failed to help me, and many others, with problems that the Morgan Clinic has fixed in two visits.

Toxoplasmosis can cause blindness and brain damage in babies. Pregnant women should not clean cat litter boxes or garden without gloves, and should avoid eating raw or under-cooked food. The infection is caused by the parasite *Toxoplasma gondii*, which can infect all animals and can be found in soil. Cats spread the parasite in their faeces, so avoid them. Avoid shellfish and untreated water, which are now suspected culprits, according to one study.

Strokes If a person falls or looks unwell, so is possibly having a stroke, ask them to -smile; raise both arms, then ask them a question that requires a sentence to answer, such as 'what are you going to do today?', or 'what is the weather forecast?'. If they fail one of them, phone 111 and tell them the symptoms.

Smoking This will kill you in one way or another. Almost everyone knows that smoking causes lung cancer, emphysema, heart disease, diabetes, gangrene, memory loss, lessened alertness, longer reaction time, plus, plus, plus, and a nasty smell to those who don't smoke. Smokers develop wrinkles, yellow teeth and lose bone density, which increases their risk of osteoporosis, fertility problems and sexual health in both sexes. Each cigarette takes 5 to 20 minutes off a person's life to die up to 10 years sooner; and costs thousands of dollars a year, so why don't they stop - addiction, so don't start.

I know someone who suffered passive smoke for 20 years and later suffered damaged lungs.

Caution The above information can help improve health, but not overnight. Don't take more health tablets than suggested in the instructions. I am below average weight (69 kg and 1.8 m tall), so usually take less than recommended, and cut back once the problem eases.

Don't ignore doctors completely for natural methods, because, as I wrote above, all have a place.