

The people who manage the Hypoglycemic Health Association of Australia



Dr George Samra

Patron of the Hypoglycemic Health Association of Australia

Currently: Medical Practitioner at Total Therapies Medical Centre, Terrace 4 O'keefes Lane, KOGARAH NSW 2217, Phone: 9553-0084, Fax: 9588-5290, Email: gsamra@bigpond.net.au

Universities, Boards, Colleges.

Completed undergraduate training at Sydney Hospital, Sydney 1976

Graduated University of Sydney with MB., BS 1977

Registered by the N.S.W. Medical Board, December 1977

Post Graduate Fellowship in ACNEM (Australasian College of Nutritional and Environmental Medicine) August 1996

*Dr George Samra has been a patron of **The Hypoglycemic Health Association of Australia***

Interests: All aspects of Allergy, Nutritional Medicine, Hormonal Medicine and Environmental and Nutritional Medicine.

Author of:

The Hypoglycemic Connection II, One Stop Allergies, 2003

The Food & Disease Paradigm, Eat Right Diets, One Stop Allergies, 2003

The Hypoglycemic Connection II is a second edition of the 1984 edition, written for both the professional and lay person. Dr George Samra describes hypoglycemia as a real disease that the medical text books have forgotten. The part of the body most affected is the brain. Hence the disorder may be found among many mentally disturbed patients. His book describes the Glucose Tolerance Test (GTT), specially designed to diagnose the six types of hypoglycemia, including hypoglycemia. The latter may have normal blood sugar levels in the GTT, but glucose starvation affects the brain, especially the hypothalamus, due to an abnormal copper/zinc ratio.

The Food & Disease Paradigm attempts to make both doctors and patients aware of the role of food and other allergies in the management of their illness. Over 90% of asthma sufferers are allergic to dust mite. Dr Samra suggest that drugs should only be used as a last resort. Asthma patients should be taught how to improve their environment, particularly their bedrooms, to minimize exposure to asthma triggers. He discusses at length nutritional treatment of different chronic illnesses, such as arthritis, rheumatoid arthritis, eczema, colitis, migraine, psoriasis and even more.

Both books can be ordered at:

[Dr George Samra's books](#)

[Dr George Samra's web site](#)

Dr Samra has in the past been a regular on talk-back radio 2GB on the Owen Delaney Show. He has been asked to help assessing and treating prisoners at various times in the past, both at Long Bay Jail in Malabar and Parklea Prison in Parklea, as programs paid for and sponsored by the NSW prison system using nutritional skills to help prison rehabilitation.

Lecturer: Dr Samra is a senior lecturer for the ACNEM and has lectured regularly in recent years to medical practitioners training in nutritional and environmental medicine. He also regularly lectures to various charity and community organisations which seek his services.

President of the Hypoglycemic Health Association of Australia



Mrs Lynne Grady

My name is Lynne Grady I've been a member for 25 years, it started in 1984 when our daughter needed help, because no one understood our daughters problem in Canberra, where we were living at the time. We found help with Dr George Samra .Then later on we moved down to Nowra. I'm also involved with the Country Women's Association of NSW. I'm a group craft officer for Wollondilly area and also on the Craft committee for NSW . The Hypoglycemic Association has helped me a lot as I used to suffer from really bad migraines and now I do not have them any more. It feels so good to be free of them.

From Lynne Grady, President.

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John P Natoli

Secretary of the Hypoglycemic Health Association of Australia

jpn@jpntax.com

I am a tax accountant who operates two offices. One in Drummoyne, the head office and the other at Fairfield. I have four tax accountants in my firm and 11 support staff. I obtained my degree in Bachelor of Economics from Sydney University majoring in accounting and business law in 1977. My background is therefore of a business nature, yet I am interested in health issues.

Geoff Goninon (our past President) has been a friend of mine for nearly 25 years and he has shown to me that even though you may be qualified in a profession like accountancy or engineering, you can also educate yourself in other areas and health is a major area that I believe we should all have correct knowledge. After all what is wealth without health. I wanted to devote some of my time to the activities of the Association.



Jurriaan Plesman

BA (Psych), Post Grad Dip Clin Nutr

Honorary Editor of the Hypoglycemic Health Association web site.

jurplesman@gmail.com

I went to live in Paris after having endured five years of German occupation in Holland, where I was born. I migrated to Australia in 1950 and upon arriving explored this vast continent by traveling around in a tent and working on farms or factories wherever the opportunity arose. I settled in Sydney working as a nurse in a psychiatric hospital and then studied for my matriculation, then two years of law and then switched over to psychology at the Sydney University. During these hard times I worked at my day-time job in the Public Service, at night as photographer, attending lectures and studying for my degree. I majored in psychology and education in 1974. Without the support of my wife Angela, who also was working as well as providing a home, it would have been difficult to raise a family and buy an apartment at Bondi Beach.

Following my graduation, I joined the NSW Probation and Parole Service, and specialized in the problem of alcohol- and drug addiction. It was during this time that I became aware of the metabolic aspect of alcoholism, drug addiction and other abnormal behaviour.

My philosophical approach to the rehabilitation of offenders was not entirely in agreement with the policies of the department. This was clearly explained in [Dr Jay Harley's book](#) "**Where Two Ways Meet: Probation and Parole Services in New South Wales – Their organisational history and development**" in pp 228-2

I was much influenced by the works of Dr Chris Reading, Orthomolecular Psychiatrist in Sydney, by Dr Alexander Schauss in the US and my friend Don Pemberton, Lecturer of Biochemistry (who unfortunately has since passed away). I would like to specially mention Dr George Samra with whom I had a good working relationship and who supported me through some difficult times.

In the Corrective Services Department there was considerable scepticism about nutritional influences on behaviour. So I obtained a Post Graduate Degree in Clinical Nutrition from the International Academy of Clinical Nutrition. At this time, I met Dr George Samra, who was also interested in nutritional medicine. He helped me providing medical evidence in support of my court reports and this enabled many offenders to obtain proper nutritional and psychological treatment in my group therapy classes.

My experiences as a teacher of clinical nutrition and psycho-therapy are reflected in my book:

Getting off the Hook

available at most libraries and from [Google](#).

I have held several positions within the Hypoglycemic Health Association since it was founded: President and Secretary, but my main role has been and still is editor and research officer in the preparation of the articles and editor of the Hypoglycemic web site.

[My Career as a Nutritional Psychotherapist](#)



Sue Litchfield

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I was brought up in the country on a so called very healthy diet with plenty of home grown vegetables, fruit, home killed meat and more than enough fresh milk straight from the cow. Then going to boarding school for a number of years where the staple diet seemed to be heaps of potatoes, cereals, milk and plenty of bread that was not always the freshest.

Then a number of years later after having almost every test known to man including liver, gall, kidney and even cancer test and yes they all turned out to be negative. So guess who had too much of a good thing!!!!

Finally I found a naturopath who finally found that I basically had a Dietary problem. So now 15 years down the track here I am fit and as healthy as one can be.

As a result of all these problems over the years I have been able to pursue a career in the Health food industry. Also I even found the time to [write a cook book](#) (which is in its third publication) This book was written as a result of not being able to find any suitable recipes and as I always seem to have people on the phone wanting a helping hand with recipes etc.

However these days I am very busy looking after my husband's business side of things. Only in June 2000 I was elected to the position of Treasurer of the Hypoglycemic Health Association of which I am looking forward to a long and happy relationship.

Sue Litchfield



Reg Grady

Reg Grady and his wife, who is now the President of the Association, have been staunch and reliable supporters of the Hypoglycemic Association ever since it was founded in 1984. Their first contact with the Association was when their daughter was treated for hypoglycemia by Dr George Samra after the familiar rounds of doctors who could not “find anything wrong”.

First living in Canberra and now living at Nowra, the distance from Sydney has never been an obstacle to them travelling to Sydney for the meetings. Reg has taken upon himself to supply sugarless snacks and refreshments at the public meetings, and is always ready and willing hand when it is most needed.

Auditor

The Association is grateful for the free auditing of our accounts by **Michael Pendlebury**, of Michael Pendlebury Pty Ltd, Baulkham Hills Sydney. He can be contacted at clientservice@pathwayfinancial.com.au

Past Committee members

Being a voluntary organisation there have been many members who have played crucial roles in the Hypoglycemic Health Association. It is and still is dependent on volunteers willing to give some free time to the cause of the Association. We will always remember them as remarkable personalities. Here we will just name them:

Fred Bewes (Once Secretary and Treasurer), Margaret Abrahams (Treasurer), Maureen Bewes, Betty Coulton, Lorraine and Richard Dabbs (Printing of Newsletters), Elaine Sharp, Bob Sharp, Peggy Smith, Andrew Jacobs, Harry Rogers (President), Helen Durick, Frank Brown (Probation and Parole Officer), Steve Duff, Susan Choc, Dr Peter Dobie (President), Jenni Jacobs, Martin Harris, Mary Page, Patricka Sheiles, Kerrie Cook (Treasurer), John Grundy, Derek Milham, Dr Katrina Watson (Secretary), Babs Lamont (Treasurer), Nicole Samra (Temporary Secretary), Joy Sharp, Ted Grant. Jack van der Mark, Geoff Goninon.

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Last updated 21 May 2009