

The Hypoglycemic Health Association

NEWSLETTER

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**PATRONS: Dr George Samra &
Steve McNaughton, BE (NSW)**

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The NEWSLETTER of the Hypoglycemic Health Association is distributed to members of the Association and to Health Professionals with an interest in nutritional medicine and clinical ecology.

We hope you all had an enjoyable festive season. This Newsletter has some interesting articles. With these busy times some members may have forgotten sending in their fees. They can remain a member by filling in the Application Form at page 12 and forward it to the Association. So before you throw away the envelope have a look at the expiry date in the address label and you will know whether you are a paid-up member. The running of the Association is becoming a more costly enterprise as we go on and so we need your support.

The local support group is very popular, as members can discuss their problems with other members from a very practical point of view. Find out more about this group by ringing Jeanette on 02-9525-9178 or Lorraine on 02-9520-9887. They are doing a marvellous job.

If you want to organise your own local group in your region, please discuss this with Jeanette and Lorraine and we will advertise your meetings in the newsletters and at our web site.

Also keep on sending your personal stories and how you handled your hypoglycemia. We^o can all learn from your experiences.

Our Next Public Meeting will be at 2.00 PM
on Saturday, the 2 April 2005
at **YWCA**

5-11Wentworth Ave, SYDNEY
and our guest speaker is
Dr George Samra

who will be speaking
on the subject of

***"You are what you eat -
arthritis and osteoporosis***

DR GEORGE SAMRA is of course well-known to our members. He is the Patron and also temporary Secretary of our Association as well as a pioneer in Nutritional Medicine. It is mainly through the personal effort by Dr George Samra that the concept of hypoglycemia is recognised as a major cause of ill-health and an important factor in human behaviour. He has written two books *The Hypoglycemic Connection II* and *The Allergy Connection*. Dr George Samra is now well-known among probation officers, the judiciary and legal profession in assisting them to determine to what extent a program of rehabilitation can prevent criminal behaviour. Dr Samra's surgery is located at the Total Therapies Medical Centre, 40 O'keefe Lane in Kogarah, practising with like-minded practitioners.

Dr Samra's chosen topic should prove to be very interesting.

Previous Copies of the Hypoglycemic Newsletter

Back issues of the Hypoglycemic Newsletters are available at the NSW State Library, Macquarie Street, Sydney. They are filed under NQ616.466006/1 in the General Reference Library.

Other libraries holding copies are: Stanton Library, North Sydney; Leichhardt Municipal Library; The Sydney University; The University of NSW and Newcastle University. The Association will provide free copies in PDF format to any library upon request to jurplesman@hotmail.com

The Association also has a web site at: www.hypoglycemia.asn.au where there are some Newsletters in PDF format, as well as articles on clinical nutrition and self-help psychotherapy.

Books for sale at the meeting

Sue Litchfield: **SUE'S COOKBOOK**
Dr George Samra's book

The Hypoglycemic Connection II

is available at Dr Samra's surgery or PO Box 394, Kogarah NSW 2217. Fax: 612-9588-5290

Jurriaan Plesman: **GETTING OFF THE HOOK**

This book is also available in most public

Any opinion expressed in this Newsletter does not necessarily reflect the views of the Association.

DISCLAIMER: The articles in this newsletter are not intended to replace a one-to-one relationship with a qualified health professional and they are not intended as medical advice. They are intended as a sharing of knowledge and information from research and experience in the scientific literature. The Association encourages you to make your own health care decisions based upon research and in partnership with a qualified health care professional.

libraries (state and university). By buying this book at the meetings you are supporting the Hypoglycemic Health Association.

The Newcastle branch of the Association are still meeting with the assistance of Bev Cook. They now meet at ALL PURPOSE CENTRE, Thorn Street, TORONTO. Turn right before lights at Police Station, the Centre is on the right next to Ambulance Station. For meeting dates and information ring Mrs. Bev Cook at 02-4950-5876.

Entrance donations at meetings

Entry donation is tax deductible and for non-members will be \$5, for members \$3 and family \$5. People requiring a receipt for taxation purposes will be issued when asked for it.

Donations for raffle

One way of increasing our income is by way of raffles. If any member has anything to donate towards the raffle, please contact Dr George Samra's surgery at 19 Princes Highway, Kogarah, Phone 9553-0084 or Sue Litchfield at (litch.grip@bigpond.com).

At the meeting on the 4 December 2004, **Helene Grover** won the lucky door price. The raffle was won by **Jadzia Bzowska**.

Fund raising activities

We need money, ideas, donations, bequests (remember us in your will), **all donations over \$2 are tax deductible.**

Raffles

Conducting raffles is an important source of additional revenue for the Association. Raffle tickets are available at \$1 each or three tickets for \$2 at Dr George Samra's surgery. Donations for raffles would be appreciated. Items to be raffled should be on display at the surgery and will be raffled at the next public meeting of the Association.

The Kogarah support group: The Support Group schedule has been revised and meetings will be held in February, June and October (dates to be advised) in future. **HOWEVER, INFORMATION WILL BE AVAILABLE** from Jeanette 9525.9178 or Lorraine 9520.9887, at any time. [See Page 10](#)

The Tasmanian Hypoglycemic support group. For members in Tasmania if you want to form a group or meet people with hypoglycemia phone Alison on 040 9966 385 A/hours or for more info (altennan@bigpond.com).

Letter from our treasurer Sue Litchfield.

Well we have started another year and many thanks to those who have already paid their subscriptions. It makes life a lot easier to have them on time. I may also add that we are still getting to the odd member who are paying the old prices.

It is also disappointing that we are not getting as many new members joining up that one would expect with all the hits we are getting on the web page. So far we have had over 100,000 which is a fantastic result we must thank Amittee Robinson for the presentation of the site. For those who have not visited please do, as it looks fantastic

Now down to the serious side of things. The **Committee has decided that we are now to have 3 meetings a year instead of the 4.**

This is mainly due to decreasing numbers at our meetings. It cost us \$100.00 for the hire of the hall. Plus the cost of the tea and coffee milk etc. Many thanks to Reg Lynnette, Jeanette and Lorraine who have so kindly made and donated the food

The Newsletters now are costing over \$500.00 to print and post out. Does anyone know a cheap printer? As we can sure use one.

Luckily for us the speakers have not been charging their time for speaking. As some speakers do charge an arm and a leg.

So, all in all for the sake of the

future of our great little society I PLEASE urge all members to come to the AGM. By coming you will be able to hear what we say and also VOICE your opinions as to where we go from here. Is it a good idea to have a questionnaire send out to every one? If so what questions do you feel should be asked?

E.G .1A Do we continue to hold the meetings at The Y on the Park? Yes, No.

1B If "no" please suggest another venue. Email contacts addresses are on page 12.

Dr George Samra has moved to new premises at:

**Terrace 4 O'Keefes Lane
KOGARAH NSW 2217
Phone: 02 9553 0084
Fax: 02 9588 5290**

The Leaky Gut Syndrome

by
Dr Paul Ameisen

The LISTEN Computer

In the treatment of the the Leaky Gut Syndrome we use the LISTEN computer. This machine uses the same technology to read the body's electrical energy as an ECG machine. However the readings are taken from the fingers and feet instead from the chest.

Over thirty years ago a German doctor (Dr Vol) plotted the energy of acupuncture points on the fingers and the toes of his patients and realised that the Chinese system of meridians was correct and that readings taken from the hand (and feet) reflected what was going on inside the body.

A number of devices were developed in Germany and other countries to measure these energy patterns and soon it was realised that certain substances would change the energy readings if they were included in the circuit connected to the patient. Some of these substances would be of great significance to patients if they could bring their energy back to normal.

About 15 years ago an American computer expert, James Hoyt Clark, improved and constructed a computerized device that would be able to test a great number of items simultaneously, allowing the operator to easily determine which substances were important to the patients.

Thus, if a patient is suffering an infection with a powerful germ, the pattern of that germ will be strong

within the patient's own electrical signal.

Similarly, if a person is overloaded with a particular poison or dietary substance, then the computer can identify this.

Many things can be measured this way including: hormone levels, drug levels, minerals and vitamins, food & food additive sensitivities, thyroid and pancreas function, menopausal status, presence of parasites, pesticides and heavy metal poisoning and dental amalgam incompatibility.

The other remarkable thing that the LISTEN computer can do is to generate safe yet powerful "energy" (rather than chemical) medicines to eliminate the germs, poison and sensitivities found. The LISTEN system is suitable for all including very young children.

I heard of this machine about seventeen years ago at one of the ACNEM conferences at Noosa. One of the ladies in our practice was using the machine and then Gary Turner bought one of those machines and became an expert at it and he has been using it for the last six or seven years.

It can be a half hour test or an one hour test and it picks up about six or seven things that a blood test cannot do. From the print-out of the machine we can analyze the test. People come then to see me and we interpret the results.

The results can also show the level of Candida in the body, Candida, as you may know, is a

fungus. It can inhabit the intestines when antibiotics come into our system via our foods. Certain foods like dairy products and certain beef and even chicken can have antibiotics in them. The other day I was doing some shopping in an organic shop and I saw an item marked 'antibiotic free'. I could not believe it.

Enter Candida

Antibiotics are a big problem and they are in our foods. Antibiotics are fantastic, if you have pneumonia or meningitis it can save your life. But they are overused and with food technology it can be a disaster. So all of us are not free of antibiotics, unless we are total vegans we do eventually get some Candida levels in our body.

The symptoms of Candida is as long as your arm, but physiologically speaking they give you bloating, makes you feel fatigued and tired, there may be digestive problems, constipation can be a problem. There is a by-product of Candida, called *acetaldehyde*, that enters the blood stream, which are responsible for more emotional symptoms, like depression, anxiety. Many depressed patients that see me go off their medication when they are treated for Candida.

Treatment of Candida

Treatment of Candida is difficult. There are many herbs that can help and we have experimented with a combination from Pau

d'arco and Maitake. But these do not appear to reduce the candida to the last Candida bug. It may make some impact but eighteen months later you have got it again. But we like to get rid of it in a month or two. So we use a drug called *Nystatin*.

Lots of people are surprised when they come to an alternative practitioner who is using a drug. But this drug is very safe and pregnant women can take it. Even premature babies can take it for oral thrush.

When people take Nystatin people may complain of worse cramps, nausea and other nasty symptoms, and this is not due to the drug but to the billions of Candida bugs that are on the rampage. I usually advise to slow down the dose from three times a day to two or one time per day, and then build up the dosage to a level that will kill the whole colony of bugs.

What is a Leaky Gut?

If we look at **Figure 1** we see that schematically protein is digested in the intestines into amino acids which passes through little absorption holes and enters the blood stream. This happens when we eat a wheat protein which is digested by the pancreatic enzymes and converted into amino acids. These amino acids or protein units go through the little absorption holes and are then sucked up into the blood stream to make more proteins elsewhere in the body.

The same thing happens with carbohydrates and fatty acids. But along come antibiotics and they gradually wipe out the friendly flora in the gut. The Candida fungus, which is an opportunistic organism latch on. As they do so, they make larger holes in the intestinal wall than what should be. These larger holes can be seen on the right in Figure 1. This becomes the Leaky Gut.

This results in a few million fungi entering the blood stream. If there are any parasites they too can

go into the blood stream. But in addition when you have a leaky gut and you absorb some zinc, magnesium and selenium and so on they can leak out again and so you become deficient in these nutrients. When we have nutrient deficiencies illnesses arises and the systems run down.

These millions of Candida bugs produce little bubbles and these ferment - they don't digest food - and cause the bloating, a common sign of Candida infestation.. Most people come in depressed, fatigued with indigestion, constipated, loss of memory.

Treatment

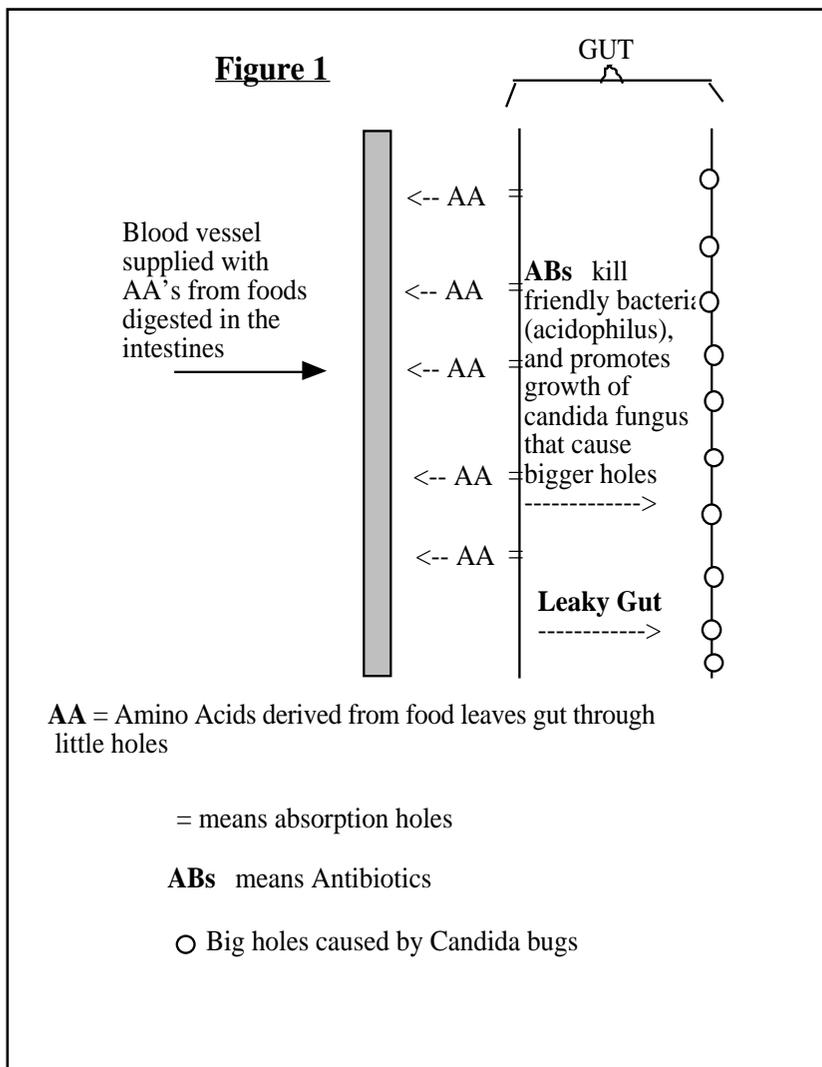
The first thing we do, we put them on Nilstat (nystatin) to kill the fungi and replace them with acidophilus bugs.

The 55 level on the LISTEN machine is nought. 60 is mild, 65 is moderate, and 70 is severe. We have had patients with a reading of 90. One lady patient had 94. It may take two to three months to treat this.

The Leaky Gut Syndrome can be aggravated by parasites, such as the protozoan parasite *Giardia lamblia* and *amoebas* causing in some cases profuse diarrhea, intestinal bleeding, pain, jaundice, anorexia and weight loss, but in most cases just wind and symptoms like Irritable Bowel Syndrome.

Whole proteins as foreign bodies.

When a protein goes into the blood stream it becomes a foreign body. The blood is set up to fight



foreign bodies, like viruses and bacteria. Our antibodies attack them, such as white cells, T-cells and interferon also fight viruses. So you are using up your immune system. You are not only feeling bloaty, fatigued, anxious, depressed, but this is only the beginning. You now have a faulty immune system as well.

A patient came in and they said that "I have been taking acidophilus religiously every day, no dairy products and no wheat and my diet is perfect but I still feel not right". His LISTEN level was 90!

Candidiasis has a lot to do with hypoglycemia because the high glucose diet feeds the fungus. This is why there is such a significant association between hypoglycemia and Candidiasis. But a so-called good diet might not be sufficient to kill the Candida. Thus we need Nystatin to help us along. Once you treat people, for Candida, they may be right for a year or two.

Thus we need to fix the Leaky Gut, get the friendly flora back to where it should be, wipe out any other parasite or bacteria that may be present, and with treatment they get better fairly quickly in a month or two. But not for ever, because more antibiotics are absorbed in your food. Patients come back at least once a year for a check-up

Many patients presenting with nausea and pains in the stomach may also have **reflux**. But anybody with similar symptoms should also take into account the possibility of an overload of Candida fungus.

You will find that many alternative doctors use their own methods. Some use the LISTEN test or a Vega test, or urine test to find Candida.

Eurytrema pancreaticum

There is a parasite called ***Eurytrema pancreaticum*** which resides in the pancreatic ducts of pigs, cattle, camels and monkeys. People get shocked to hear that we

have bacteria inside us, but in healthy people these bacteria live in harmony with other beneficial bacteria. It is only when the balance is disturbed and the bad fungi and bacteria or parasites take the upper hand that we get sick. Stress conditions aggravate the illness.

This is happening in the city, but also in the country side more and more. I would guess that nine in ten people would have candida, and maybe five out of ten would have *Eurytrema pancreaticum*, which affects the pancreas and may be two people out of ten would have Giardia or amoeba and they even don't know it.

Eurytrema pancreaticum and Hypoglycemia

This parasite should be of interest to hypoglycemic people, because it affects the pancreas. It is a bug that I heard of about two years ago. It is a parasite, which has a life cycle in a snail and a grass hopper. That bug does not like the small intestine, it prefers the pancreatic duct and the pancreas. It is easily eradicated with **wormwood** (*Artemisia absinthium*). We use a tablet in our practice, called **Paracea**. You take this twice a day and there are no side effects. As far as amoebas are concerned herbs work better than drugs.

The *Eurytrema pancreaticum* becomes particularly interesting, not only because of a digestive problems, but also because it **upsets the sugar metabolism**. Basically a lot of patients with pancreatic cancer that come to our clinic for treatment have been found to have the *Eurytrema pancreaticum*. I often wonder whether it is a cause or a contributory factor in The Leaky Gut Syndrome. It causes inflammation and problems and perhaps in twenty years can develop into cancer of the pancreas.

If it affects the pancreas, then it affects pancreatic enzymes needed in digestion and also affects sugar metabolism, because insulin is

produced in the pancreas.

Thus the *Eurytrema pancreaticum* could grow into a major metabolic problem. I have never heard of other doctors picking it up. The LISTEN test is the way to test for it. When you treat the patient for this bug, it will be gone in a month without side effects with the herbal remedy. So you can sometimes prevent, not only hypoglycemia or diabetes, but perhaps even pancreatic cancer. The more I see this the more I see the connection, but this is all new and not much is written about it. It is very difficult to diagnose, because many test would not pick it up. Colonoscopy won't help, because it is outside the intestine. Many of the symptoms are similar to the many other bowel disorders.

Once you have been diagnosed with *Eurytrema pancreaticum* and treated for it, it is wise to have further ultra sound tests to make sure the pancreas is in good order.

Helicobacter and ulcers

The helicobacter - responsible for gastric ulcers - is further up in the stomach and it is a bacterium. This one has not much to do with the Leaky Gut Syndrome that I am aware of. It is another problem, but it is higher up in the digestive system. It is another cause of nausea, ulcers and stomach pains. You need to check for it by either with the LISTEN machine, or by blood test or we do the breathing test into the balloon. Once you find it you can use antibiotics for a week or two and then you test again and then you deal with the Candida problem, caused by the antibiotics.

Nutrient absorption in Leaky Gut

If you have a Leaky Gut, you are not going to absorb nutrients properly. So as a part of the LISTEN test we go on to check vitamin levels - the B vitamins - but B12 can be checked better by a blood test. So it is helpful to know the levels of the B vitamins.

Then we check mineral levels, mainly zinc, which is the commonest deficiency especially in Australia where the soil is poor in zinc. We check selenium and chromium which is so crucial to sugar metabolism. We need four chromium atoms to make an insulin molecule as far as I understand it. And we also check for magnesium, because this element has a huge impact on muscle action, both smooth muscle and skeletal muscles. We use magnesium in asthma to relieve spasms, in bowel cramps and in angina. Therefore it is a very important mineral. We know that two out of ten people have a magnesium deficiency.

When people have a Leaky Gut, they will leak out some of these minerals. Thus the typical Leaky Gut person puts on weight, they absorb the calories alright but they still have the cravings, because they lack the minerals and present with symptoms such as "I am bloated, fatigued, I am depressed, I have reflux."

There are very few people in our society that have nothing wrong with them. The problem is that if you have a deficiency of just zinc alone it can run down the body's total health. It then affects people's immune system, then they start getting frequent colds, then more colds that last three or four weeks. Then they may get pneumonia, and then they get eczema, which they did have since their childhood. Then the migraine starts to fire off. Patients often complain that we doctors don't seem to treat this array of symptoms. But in fact we can treat the general health condition, and we find that eight out of ten people will improve their health and the symptoms go on hold again.

Holistic treatment for varied symptoms

It sometimes is difficult to understand that with all these varied symptoms and physical complaints

a complementary doctor appears to be concentrating on the gut - seemingly ignoring the patients' symptoms. But most of the patients will be amazed to experience that in a month or two all the other symptoms have disappeared and they start to feel much better. It is then they can lose weight, because the problems associated with the Leaky Gut Syndrome must be attended to first, before considering the weight problem. It may take a month or two, and perhaps another month for healing the even larger holes in the gut. If they don't heal over, we give patients glutamine, which speeds up the healing of the large holes in the intestinal membranes.

Vitamin shots

We also give patients a course of five shots of vitamin C and B, or by way of drips of 30 grams intravenous B-complex at the rate of once a week for five weeks.

Vitamin C not only upgrades the immune system, but also helps in the healing the blood vessels just outside the intestines. Automatically when people go through this program, their stomach is fixed up, energy is boosted, they lose their depression and anxieties, you stop feeling bloated and nauseous. The B-complex vitamins and minerals heal the nerves and the digestive system.

With treatment your immune system becomes stronger, your body has better control over inflammations, autoimmune diseases and even cancer. So if the immune system breaks down we have a crippling effect over your health, threatening a network of health systems.

Stresses of Modern life

We live in an artificial world with 60,000 chemicals when you walk out of the door - not just five or six we imagined - and if we add to this the psychological stress when driving your car in a grid locked city we have a combination

of health hazards attacking the body. Thus it may be worthwhile to escape the city life for a while, have a hobby farm and to enjoy an environment that is normal.

Thus we all need to take our vitamin C and antioxidants to put up a barrier in order to gobble up the electrons that damage our cell walls. We need to make sure we have no infestations and opportunistic bugs that further upset our health.

Essential fatty acids

We also need to check our fatty acid balance with the LISTEN machine, that blood tests cannot tell us. The omega-3 fatty acids should be twice the level of the omega-6 fatty acids. Unfortunately in the Western world we are consuming the fatty acids the other way around. In third world countries they enjoy generally the 2:1 ratio of omega-3 to omega-6 fatty acids. The omega-3 are the anti-inflammatory substances enabling us to better fight inflammation. Flaxseed oil is a good source.

Heavy Metals

Then we need to check for heavy metals, such as lead, mercury, cadmium and arsenic. Excess lead comes from the paint of old houses or from working with batteries. Mercury comes from fish and tooth amalgam. Some of the fish oil we consume contains mercury. With the new technology experts know how to take the mercury out of fish oil. Cadmium comes mainly from tobacco in smoking cigarettes. Arsenic is prevalent in industrial areas.

Heavy metals can be cleaned out orally if they are in low levels by using plankton. We use a substance called **DemerTox** or **chlorella**. We also use garlic and selenium. If we have high levels of heavy metals in our system we may use intravenous chelation. This is especially so for getting rid of lead properly, otherwise it takes too long orally.

Vitamin C injections

There are different regimes for these shots. It takes about 7-10 minutes. It is a harmless procedure. You might get a little bit of a cramp or feel hot, some people sneeze once or twice and you may feel thirsty because of the saline ascorbate. You have a glass of water and you are back to normal.

If the condition is more severe you may have larger amounts of vitamin C. We give patients a drip of about half a litre. But some people may have some problems having needles stuck in your arm at first, but then come back for some more later on. People can have 30 g, 45 g or 60 g or 75 g and we may go as high as 100 g of vitamin C. The latter would be given in cases of terminal AIDS three days in a row. Most people

have 30 g.

These quantities cannot be achieved by oral administration. Orally, people can take 1 g gram, 2 or 3 g, but if you take more you start to have cramps. In oral forms there is a buffered vitamin C tablet, such as sodium ascorbate, calcium ascorbate and they now have **Ester C**. The Ester C is totally neutral and has a patent on it. And once you have a patent you can do proper research on it. There is a better tolerance for oral vitamin C among drug addicts and also if you have a cold, because the body will have a greater need for it.

However with intravenous administration of vitamin C there is no limit. It does not cause any diarrhea or bowel irritation whatsoever. High doses of intravenous vitamin C can heal the bowel via

the blood stream, not from the inside the bowels.

Thus with the assistance of the LISTEN machine we have a new approach to the treatment of bowel disorders, such as the Leaky Gut Syndrome. This syndrome is tied up with other concepts such as hypoglycemia, pancreatic disorders, affecting intestinal lining, the immune system. It involves so many systems that it is a meeting of every doctor there is. Thus it is an important area of medicine that can easily be accessed with the LISTEN computer. Treatment does not involve dangerous drugs, no immune suppressors, no cortisone.

The only chemical we use is an antifungal which seems to have no side effects.

Sue Litchfield recipes

AVOCADO APPLE LETUCE SALAD

- 1 small head lettuce
- 2 large red apples, cored, unpeeled, and in extra-thin wedges
- 1 large ripe avocado, peeled and sliced
- 2 large sticks celery sliced thinly
- 1/2 cup pecan nuts
- 1 Tbsp fresh chives, chopped
- 2 Tbsp orange juice
- 2 Tbsp lemon juice
- 1/2 cup natural sheeps or goats yoghurt

Separate lettuce leaves Wash and dry place in salad bowl

Arrange apple, avocado celery and nuts on leaves.

Make dressing by blending the juice with the yogurt and drizzle the dressing over the salad and garnish with the chopped chives.

WILD RICE SALAD

- 1 cup Wild rice mix
- 400 g roasted Brazil Nuts chopped roughly roasted any nut will do but Brazil is best
- 2 large hand fulls baby spinach leaves
- 4 tabs currants 1 granny Smith Apple peeled and chopped
- 3 tabs chopped parsley
- 3 tabs chopped Coriander
- 3 tabs chopped chives

DRESSING

- 2 tabs vinegar
- 2 tabs lemon juice
- 6 tabs oil
- Juice and rind of 1 orange

Cook the rice mixture according to directions and while hot toss through the spinach leaves . When cool toss through the rest of ingredients

Combine all the dressing ingredients till emulsified and pour over the rice mixture.

Sesame Seed Candy

Serving Time: 10-15 Minutes

- 2 cups sesame seeds
- 1tbs. lemon juice
- 2 cups rice syrup

Toast the sesame seeds in a large frying pan over a medium to high heat, stirring frequently. This will only take a few minutes. In a large saucepan combine the toasted seeds with rice syrup and lemon juice. Heat to boiling and boil until the temperature reaches 280-290 degrees on the candy thermometer for a chewy bar - or up to 300 degrees for brittle. spread on greased pan and let cool.

Any relation between this delicious candy and commercial lalvah is impossible. This one is made from a ten-thousand-year-old recipe. When you try some, you'll see why it has endured so long.

Source: Ruben et als (1975), **The Save-Your-Life-Diet High-Fiber Cookbook** Ballantine Books NY, Page 236. Honey in recipe replaced with rice syrup

Depression : A Disease of Energy Production

by

Jurriaan Plesman, BA(Psych), Post Grad Dip Clin Nutr

Depression is often considered a complex problem, but mainstream medicine and psychology often overlook and ignore the nutritional aspects of depression. One wonders why, because it is well known that the precursors to the neurotransmitters in the brain, their enzymes and coenzymes (vitamins and minerals) all derive from the food we eat.

We cannot expect psychotherapy to be of much help if indeed depression is a biological disorder. Yet, drug therapy does not treat the underlying biochemical imbalance and most patients are advised that they may have to take drugs for the rest of their life. With the inevitable side effects of drugs it does not provide an optimistic future. Thus according to the drug and/or psychotherapy model, depression is incurable. This of course could benefit the pharmaceutical corporations and their investors who benefit from the rise of degenerative (incurable) diseases in the community, including depression.

The alternative is to look and investigate an alternative model that relies less on the drug/psychotherapy model. The *psycho-nutritional model* aims to look at the causes of depression from both a nutritional and biochemical point of view.

We could start off with the idea that all biochemical machinery in

our body - including in brain cells - is driven along by energy. The molecule of energy is called *adenosine triphosphate (ATP)*, that could be compared to a biological battery. An active cell in the body may use up as much as 2 million molecules of ATP per second, and hence biological energy is very important to us. When it gives up its energy it becomes *adenosine diphosphate (ADP)*. The only way to recharge that battery is through nutrition.

The source of all energy is ultimately *glucose* found in food sources, that is then converted along a biochemical pathway - called glycolysis - by 13 or so biochemical reactions to form ATP.

At each step proteins, enzymes, coenzymes, all derived from food, are necessary to complete the biochemical conversion to the next step. Thus there may be many biochemical reasons why the body has problems manufacturing its energy sources, to produce for instance serotonin - our happy hormone. And without energy we become depressed!

Thus if we are deficient in vitamin B6, - a coenzyme involved in the conversion of tryptophan (found in food) to serotonin - then this could be a factor in us becoming depressed. This is especially so if we are using xenobiotic drugs (strangers to our body) that requires high doses of vitamin B6 (pyridoxine) for detoxification

purposes.

There are of course a host of other nutrients - such as magnesium, vitamin B3 (niacin), zinc and chromium, essential fatty acids - that are necessary in the synthesis of a many other neurotransmitters in the brain, such as dopamine, norepinephrine and acetylcholine.

Fortunately, we can simplify the problem by the fact that most of the obstruction in energy production occurs at the entrance point of **glycolysis** (glucose metabolism) that starts with the ingestion of various forms of sugars. In the Western world with the high sugar consumption hidden in all foods, we should not be too surprised to find a connection between sugar intake and depression.

It has been found that most people with depression have hypoglycemia or what is better called insulin resistance. When you have insulin resistance receptors for insulin fail to respond properly to insulin's action of pushing glucose (along with other nutrients) across cell membranes into cells for conversion to ATP. In severe insulin resistance it may lead to diabetes type II.

For instance, **SAM-e** (S-Adenosylmethionine), a well-known antidepressant nutritional supplement, is a major methyl group (CH3) donor that alters

the structure and function of other chemicals in the synthesis of many neurotransmitters, affecting moods and personality.

SAM-e is produced when methionine combines with a molecule of energy (ATP).

Thus people with insulin resistance (hypoglycemia) are likely to be inadequate in SAM-e concentrations, and this could be responsible for depression and other forms of mental illness.

Insulin resistance (hypo-glycemia) causes a steep rise in blood sugar concentrations (hyperglycemia), that will trigger more release of insulin from the pancreas (hyperinsulinism). This is then followed by a sudden crash in blood sugar levels, called hypoglycemia.

The brain is now threatened with energy starvation and sends hormonal messages to the adrenal gland to rapidly increase **adrenaline** into the system. The latter stress hormones converts stored

glucose molecules (glycogen) back into glucose to feed the brain again. This all happens in the twinkling of an eye.

The wild fluctuations in blood sugar levels, along with insulin and stress hormones, are said to be responsible for the mood swings, anxiety attacks, phobias, depression, alcoholism, drug addiction, insomnia, shakes and all forms of mental illness.

And treatment is so simple!!!!

The hypoglycemic syndrome can be treated without recourse to drugs by the adoption of the **hypoglycemic diet**, that will in time (maybe three months) normalize blood sugar, insulin and stress hormone levels.

However, when you have been using drugs it may take longer, for the body needs to rebuild proper receptors (damaged by drugs) for natural neurotransmitters derived from a high protein diet. Thus you should withdraw gradually from drugs under doctor's supervision

only whilst on the hypoglycemic diet.

This model also makes it clear that the idea that depression is caused by some malfunctioning in the brain itself is a misconception. The molecules of emotions - adrenaline, ATP, serotonin, dopamine, acetylcholine and so on are produced throughout the body, starting from the digestive system, and controlled by the liver, adrenal glands, pancreas, pituitary and hypothalamus.

Thus anywhere along the glycolytic pathway, digestive illnesses can interfere with the production of energy and cause depression.

And if this sounds all very complicated we can reduce it to a simple formula which says:

**HYPOGLYCEMIA + PSYCHOTHERAPY =
RECOVERY FROM MENTAL ILLNESS**

The body runs the brain

Advertisement

Grape Seed Extract- "The most potent preventive medicine you can take!"

- By courtesy of Dr Clark Hansen NMD. Doctor of Naturopathic Medicine.

Proanthocyanidin (PCO) is a natural plant bioflavonoid extracted from the seed of grapes.

Also known as Pycnogenol, this potent bioflavonoid is so essential to our existence that it should be considered a vitamin because our bodies cannot make it and we cannot survive without it. Its healing and preventive benefits are simply phenomenal. PCO has been found to be the most potent antioxidant ever discovered. It is 20 times more potent than Vitamin C and 50 times more potent than vitamin E. It is also anti-inflammatory, anti allergic and anti mutagenic. PCO bioflavonoids are found in the peels, skins and seeds of fruits and vegetables and the barks of certain trees including the lemon tree, the French maritime pine tree and the leaves of the hazelnut tree. Grape

seed extract yields a 95% concentration of PCO, the highest of any source. Pine bark is second with 85% concentration.

DISCOVERY OF PCO. In 1948 Jacques Masquelier, a young Ph.D. candidate from the University of Bordeaux, France, isolated PCO from peanuts. In his doctoral thesis, Masquelier demonstrated the ability of PCO to double the strength of blood vessels within a few hours after administration to laboratory animals. In 1951 Professor Masquelier patented a PCO extract from pine bark. In 1970 he patented a second PCO extract from grape seeds which he found to yield a 10% higher concentration. In 1986 Dr Masquelier discovered that PCO from grape seeds has an intense free radical scavenging effect. These discoveries were laid down in his U.S. Patent # 4,698,360 of October 6, 1987.

After years of continued research he said: "The test showed that in this respect PCO from grape seeds has an advantage over PCO from pine bark. PCO from grape seeds contains the gallic esters of PCOs.

These PCO-esters have been recently described as the most active substances in the battle against free

radicals.”

NATURE’S MOST POTENT ANTIOXIDANT.

PCO bioflavonoids have a special affinity for the connective tissue (collagen and elastin) of the body, providing stabilization and protection from premature breakdown. When consumed they become incorporated into the connective tissues of your skin, blood vessels, joints and cell membranes. They protect your body from free radical damage. Free radicals are produced from oxygen metabolism within the body and from exposure to certain chemicals, environmental pollutants, sunlight, radiation burns, cigarette smoke, drugs, alcohol, viruses, bacteria, parasites, dietary fats and more. They are oxygen molecules with a missing or unpaired electron which spin erratically throughout the body, damaging every tissue they bounce into until they are quenched by an antioxidant or bioflavonoid or certain enzymes produced by the body. As we grow older the body’s inherent production of free radical deactivating enzymes decreases hence the need for supplementation.

PCO has been shown to: improve blood vessel elasticity, increase red blood cell pliability, inhibit platelet stickiness and clumping: normalize blood flow: improve oxygenation of ischemic areas, decrease bruising, bleeding and edema, prevent blood clots, and reduce elevated blood pressure. People taking Grape Seed Extract have found that it can lower cholesterol levels remarkably and researchers have found that PCO reduces the size of cholesterol plaque in the blood vessel walls of animals.

Patients with Multiple Sclerosis (MS) a syndrome of progressive destruction of the myelin sheath that surrounds the nerves, have found significant improvement while taking PCO. Many studies have demonstrated that patients with MS have reduced activity of the antioxidant enzyme Glutathione Peroxidase. The ability of PCO to reduce the progressive symptoms of MS may be the result of the fact that it is one of the few antioxidants that can cross the blood-brain barrier.

PCO has also been shown to protect cell membranes and thereby prevent mutations caused by damage to DNA. This may help to prevent the onset of cancer. One study has shown that the risk of developing cancer is 11.4 times higher in those with low levels of the antioxidants Vitamin E and Selenium.

Since PCO is 50 times more potent than Vitamin E as an antioxidant, it is expected to have an even greater individual cancer preventing effect. Additionally, PCO may work with Vitamin E to enhance the body’s ability to fight and prevent cancer by

protecting the cancer-fighting cells known as natural killer cells. PCO is also known to work synergistically with Vitamin C to increase the longevity of natural killer cells. (End of Article)

TODAY’S HEALTH CONCERNS. It is universally accepted that there is nothing more powerful than your body’s ability to heal itself as long as you provide it with proper nutrition. However the number of chemicals used inside the home has more than doubled since 1950. More and more children are being diagnosed with diseases and disorders such as asthma, ADD and multiple chemical sensitivities that are connected to chemical exposures. Adults of all ages suffer from myriads of illnesses caused by the compounding results of being exposed to harsh and subtle chemicals in everyday life.

HERE IS WHAT YOU CAN DO ABOUT IT:

“THE WELLNESS ” catalogue shopping company researches, develops and manufactures a full line of exceptional consumer products which are:

- Focused on health, wellness and prevention
- features high grade tea tree oil and other natural ingredients
- Unique and exclusive formulas
- Cost effective—highly concentrated
- Safer for home and family
- Environmentally responsible
- Made with the best of science and nature

The Grape Seed Extract described at the outset is just one example of hundreds of exceptional-quality cost effective products that are now available to the readers of this journal. NOTE: these are NOT available from retail outlets. They are obtainable via a new catalogue shopping system.

This full service **Consumer Direct Marketing** concept reduces distribution and marketing costs.

It makes shopping virtually effortless for regularly purchased items such as: vitamin and mineral supplements, cosmetics, dental care, personal care and hair care and home cleaning products, all entirely free of harmful chemicals. Moreover they are delivered directly to the door. When somebody decides to shop this way, they DON’T decide to spend more dollars—they merely spend their hard-earned dollars in a different place.

This catalogue shopping system can help support the Hypoglycemic Association.

It may be surprising to know that Non-Profit

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With The Fairies

by
Beverley Weston

In August 1980 I became extremely exhausted both physically and mentally, my face was grey colour, I had stroke symptoms, my heart raced at 150 plus, visual and auditory perceptions very low, confused in the head. I was 39 years old, married and our children were 6, 9 and 12 years old.

My local doctor did his best by sending me to a specialist and I was admitted to hospital for week. After the hospital stay and many tests including an Electro Cardiogram still no answer.

While in the hospital nurse-friend visited me and after reading my chart said to me "What do you do after dinner?" I replied "nothing"!! She later told me that she thought I was going to die. Looking back now I realise that I would eat the dessert given me at dinner time. I can clearly remember one time being helped back from the bathroom by an 80 year old patient, I was so weak.

February 1982 My local doctor asked me to get an opinion. This I did and was sent to a Professor of Endocrinology. I was injected with seven different 'portions' to see if I had a reaction. The 'heart attack' trolley was on stand-by. The results of these tests; my body copes well with stress, try walking regularly, take vitamins and he didn't want to see me again. The Professor confirmed my stroke symptoms.

November 1982 On the advice of a dear friend I went to a chiropractor. This I did after considering it for six weeks. Up until then I hadn't had anything to do with alternative medicine. (This

was 22 years ago when not many people went to alternative doctors.)

At my first visit to him, with no intrusive tests, **he diagnosed Hypoglycemia**, a chemical imbalance, adrenal exhausted an heart insufficiency (which a Heart Specialist later confirmed), amongst other things. He started me on a Hypoglycemic diet, gave me natural medicines and to do Cross Crawl exercises. My face colour returned to normal, the pains in my shoulders went, the depression and confusion subsided. I was now mentally alert and felt as though my brain was waking up after a long sleep.

June 1983 Stopped wearing glasses for reading - didn't need them now because I am on the hypoglycemic diet. Optometrist confirmed this in August 1983 when I went for my annual check-up.

October 1984 Heart specialist diagnosed Prolapsed Mitral Valve in my heart (said to me that he was so sorry that it had gone on for so long and the chiropractor was right). He referred me to another doctor for exercises. After my second rehabilitation visit I was very physically tired for six days - too much too soon, heart raced to 160, face white, so I rested until back to normal. When these exercises did not help the rehabilitation doctor said to me "**You must have something else wrong with you**". "Your trouble is you are going round in circles, you were weak, that made you inactive and because you are inactive you are weak".

February 1985 Must remember to eat regularly, otherwise I get nervous, words get mixed up and I get relied by eating a lot. After I eat sugar I cannot speak properly and when I lift anything heavy I get very tired physically.

I really stuck to my diet for a long time, because it worked. Then

I started to eat a little bit of this and a little bit of that, things that I shouldn't, and got worse again. It happened sooooo slowly. I was stopped in my tracks when a dear friend said to me "Knock, knock the lights are on but nobody's home". I then realised that I had slipped into the confused state again and I was "WITH THE FAIRIES".

1997 I just heard about and went to see Dr George Samra and I haven't looked back since. He gave me a four hour GTT test which showed what type of Hypoglycemia I have, and a very thorough diet to follow which has been fine tuned now. I attend **the Support Meetings** and I am learning a lot from other members about cooking and which purchased products are for us, and how they cope. I have learned a lot about my body these last seven years.

Now, before I eat the wrong thing I ask myself 'what will I be doing for the next 48 hours?' and that is how long it takes my body to get rid of the offending food and come back from being'WITH THE FAIRIES'

NEWS FROM THE KOGARAH SUPPORT GROUP

We were very interested in the 2 personal stories in the December Newsletter. Lotus Cavagnini and Geoff Goninon are to be commended for their contributions. We hope this will encourage other members to send in their stories in the coming months. See story by Beverley Weston "**With the fairies**"

We are delighted to hear that Doctor Samra will be speaking at the next city meeting. He is always a popular speaker and we expect a good attendance. His talk about the different kinds of arthritis should be of interest to

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entities such as charities, youth groups and other clubs have partnered with the Company and are earning funds to support their organizations. This strategy is designed specifically to benefit you and the Association.

As a member of the Hypoglycemic Association you now have the opportunity to experience firsthand these life changing products and help your Association financially as well. A good response from our readers will implement this. So get to know about the catalogue benefits first and then

select the ones you would like to use.

Simply phone **02 4959-9685** and ask for **Debbie** or **02 /4950-4450** and ask for **Nada**. They will assist with all your enquiries and answer any questions you may have. We will then keep you informed in future Newsletters.

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Feel free to contact any of the above members for suggestions.

A J Liebling has this advice:

...I met a keen observer who gave me a tip: 'if you run across a restaurant where you often see priests eating with priests, or sporting girls with sporting girls, you may be confident that it is good. Those are two classes of people who like to eat well and get their money's worth.'

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most of us, as osteoarthritis and osteoporosis are common problems as we get older.

THE NEXT MEETING OF THE SUPPORT GROUP WILL BE ON SATURDAY 18TH JUNE at 1.30pm. If you wish to attend or need further information please ring JEANETTE ON 9525.9178 or LORRAINE ON 9520.9887.

BEQUEST TO THE HYPOGLYCEMIC HEALTH ASSOCIATION OF AUSTRALIA

If you would like to include a bequest to the Hypoglycemic Health Association of Australia in your will, the following options will guide you in its wording.

Option 1: I devise the sum of \$..... to the Hypoglycemic Health Association of Australia for the general purposes OR for the specific purpose of

such purpose being consistent with the aims and objectives of the Hypoglycemic Health Association of Australia.

Option 2: (for a proportional bequest) I give the Hypoglycemic Health Association of Australia for its general purposes or the specific purpose of per cent of my estate .

The gift you make to the Hypoglycemic Health Association of Australia will be an enduring record of you.

 **THE HYPOGLYCEMIC HEALTH ASSOCIATION**
P.O. BOX 830, KOGARAH NSW 1485
MEMBERSHIP APPLICATION

PLEASE PRINT

Surname: _____

First Name: _____

Address: _____

Town/City: _____ **Postcode:** _____

Phone: _____ **Age:** _____

Membership \$22.00 pa			
Pensioners (incl GST) \$16.50	RENEWAL	<input type="checkbox"/>	Occupation _____
Life Membership \$200	NEW MEMBER	<input type="checkbox"/>	_____

Please Tick ✓

Do you have hypoglycemia? YES/NO **Does a family member have hypoglycemia? YES/NO**

My Email Address:

2005 MEETING DATES ON FIRST SATURDAYS OF APRIL - AUGUST - DECEMBER