

The Hypoglycemic Health Association of Australia  
PO Box 830 Kogarah NSW 1485  
ABN 65846851613  
Phone: 02 9553 0084 Fax: 02 9588 52990  
Registered Charity CFN 16689  
[www.hypoglycemia.asn.au](http://www.hypoglycemia.asn.au)

The NEWSLETTER of the Hypoglycemic Health Association is distributed to members of the Association and to the Health Professionals with an interest in Nutritional Medicine and Clinical Ecology. Past newsletters are also available on the website.

Our next Public Meeting will be at 2.00pm  
on Saturday  
4 August 2007  
at **YWCA**  
Room tba  
5-11 Wentworth Ave, SYDNEY

Our guest speaker will be

**Jason Mallia ND**

The Presentation will be an interactive forum, featuring 'Eat Right 4 Your Blood Type' and will include Hypoglycemia case histories. Questions from the audience will be appreciated.

As seating is limited, please ring  
97245317

**to reserve your seat and assist with catering.**

#### In this issue

- Profile—Jason Mallia ND
- Read Jane Hills very interesting talk, given at the 31 March meeting
- Sue's recipes and hints
- Website hits
- Call for volunteers
- Hypo and Allergy Questionnaire for Schools
- Eating plan to control hypoglycemia.

#### PROFILE

**Dr Jason Mallia ND IMD (cand)D.Sc(ind)**

**INTEGRATIVE PRACTITIONER**

**Master Blood Type Practitioner**

Jason is the founder, director and principal Clinician of Integrated Health (Aus). He is an accredited Naturopath, and is a graduate of the Australasian College of Natural Therapies Sydney (ACNT). He holds a Bachelor of Health Science in Complementary Medicine from Charles Sturt University NSW (CSU). He has diplomas in the following: Naturopathy (Advanced), Nutrition, Botanical Medicine, Homoeopathic Medicine (Advanced), Sports Injury Therapy and Remedial Massage. He is certified in Fitness Training, Touch For Health, Iridology, Biomesotherapy (Advanced), Medical Acupuncture and Advanced Dorn Method Spinal Therapy.

Jason is Australia's first and only Certified and Master Certified Blood Type Practitioner (MIFHI) having studied under Dr Peter D'Adamo in the US. He is also an Advanced Certified Live Blood Analyst.

Jason is also internationally accredited. He holds a Doctor of Science (Alternative Medicine) from the Open International University of Alternative Medicine (OIUAM Ind.) and Diploma of Homoeopathy from the British Institute of Homoeopathy.

**PATRONS**  
 Dr George Samra  
 Steve McNaughton BE (NSW)

**PRESIDENT:**  
 Geoffrey Goninon

**SECRETARY:**  
 John P Natoli BEc CPA

**TREASURER:**  
 Sue Litchfield

**WEBMISTRESS:**  
 Vacancy exists\*

**AUDITOR:**  
 Michael Pendlebury  
 Chartered Accountant

**NEWSLETTER EDITOR:**  
 Elizabeth Love BSc DipEd. Post Grad. Dip. Human Nutrition.  
 The copy deadline for the November/December 2007 issue is last **Friday in October**. Please submit contributions by email to:  
 lizart1@bigpond.net.au  
 or to Liz Love at  
 6 Pannamena Cres  
 Eleebana NSW 2282

Our website continues to improve and has attracted some sponsors, which reduces the cost to the association.

Visit it at:  
[www.hypoglycemia.asn.au](http://www.hypoglycemia.asn.au)

... and find out how many hits there have been already.

175943 at time of going to print.

His Current Studies include:

Masters Qualifying Program in Chiropractic at Macquarie University, Sydney (MUS) - (3 years Chiropractic skills completed and passed) and A Doctor of Integrative Medicine at the University of Natural Medicine (UNM) (USA). At present he is writing his thesis on Integrative Medicine.

Jason has over 12 years experience as a healthcare professional. He began his journey as a fitness consultant and discovered that optimum nutrition was the key and foundation to attaining health and well being. He has a strong background in clinical and sports nutrition, having worked with many top-level athletes in this time (consulted to the Tigers Rugby League Football Club and other NRL clubs including South Sydney Rabbitos, Sydney City Roosters and Manly Warringah Sea Eagles). He has also worked with various top level triathletes and elite soccer players.

Over the past decade Jason's practice has evolved simultaneously with his own personal development. With experience he discovered the true value of "Integrative and individualised medicine" and its importance in restoring health and balance. He understands and respects each individual modality in the healthcare system and understands when they are required. Jason works closely with medical doctors in order to give patients the best possible care and attention to their health needs. Jason has achieved success through his own healing and has brought these experiences and tools into his clinic to help others. Jason strongly believes in "practicing what you preach" and also that we are all individuals and require individualised health care. It was a pure natural process that led him to become an integrative health practitioner and naturopath.

He has special interest in various disorders including sports injuries, muscular-skeletal imbalances, liver disorders, weight loss, heavy metal toxicity, GIT/digestive issues, pediatrics (ADD ADHD), fertility issues, and detoxification. He has also been involved in aged care for 4 years.

With years of nutritional study and with personal and clinical practice, his experience has led him to specialise in the **Blood Type Diet**. He was the first trained practitioner of this type in Australia, having trained under Dr Dadamo in the US. Jason utilises blood type specific protocols for management of acute and chronic disorders.

**STOP PRESS**

Speaker at December Meeting  
**Dr George Samra.**

**We urgently need volunteers for the following positions:**

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• Help on the door at meetings</li> <li>• Catering</li> </ul> | <ul style="list-style-type: none"> <li>• Keeping the website up-to-date</li> <li>• Newsletter editor (after April, 2008) as Liz Love will be overseas.</li> </ul> |
|--|---|

**Jane Hills Adv ND BHlthSc**  
**Essential Fatty Acids - Their role in our Health & Wellbeing**  
**(Talk given at March 2007 meeting)**

Outline

- Introduction
- Our diet has changed significantly
- What are essential fatty acids?
- What is their role in the body?
- Sources of EFA's

**Our Diet has changed Significantly**

We evolved consuming a diet with about equal amounts of omega 3 (o3) and omega 6 (o6) fatty acids. In the last 100–150 years we have had an enormous increase in the consumption of o6 fatty acids due to increased intake of vegetable oils from; corn, sunflower seeds, safflower seeds, cottonseed, soybeans and, meat fed grains instead of greens. Today, in Western diets, the ratio of o6 to o3 fatty acids ranges from **20–30:1** instead of the traditional range of **1–2:1**.

High intake of o6 fatty acids shifts the physiologic state to one that is prothrombotic and proaggregatory leading to an increased blood viscosity, vasospasm, and vasoconstriction and lower bleeding time. o3 fatty acids have anti-inflammatory, anti-thrombotic, anti-arrhythmic, hypolipidemic, and vasodilatory properties.

Omega 3 Benefits

o3 fatty acids have been shown to help prevent: coronary heart disease, hypertension, type 2 diabetes, renal disease (in some patients), rheumatoid arthritis, ulcerative colitis, Crohn's disease, and chronic obstructive pulmonary disease. Most studies are carried out with the fish oils, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). However, linolenic acid, found in green leafy vegetables, flaxseed, rapeseed, and walnuts, desaturates and elongates in the human body to EPA and DHA and by itself may have beneficial effects in health and in the control of chronic diseases.

(Simopoulos, Artemis P. (From The Center for Genetics, Nutrition and Health, Washington, DC.), Essential fatty acids in health and chronic disease, American Journal of Clinical Nutrition, Vol. 70, No. 3, 560S-569S, September 1999).

**What are EFA's?**

Humans are unable to synthesise alpha-linolenic acid (ALA) and linoleic acid (LA) from scratch. ALA (omega 3) & LA (omega 6) must initially be obtained from the diet i.e. they are 'essential'. Other o3 & o6 fatty acids are not considered essential as they can be produced using the EFA's as precursors.

**Properties of O3 & O6 EFA's**

All polyunsaturated fats are unstable i.e. deteriorate rapidly, become rancid when exposed to light, heat, air & metals. Buy oils that are organic, unrefined, extracted at low temperatures, stored in light resistant containers and, consumed within a short amount of time. Buy seeds (& oils) that are refrigerated & ground when needed.

**Role of EFA's in the body**

- Structure of cell membranes  
Nervous system development & function

- Production of eicosanoids including; prostaglandins, thromboxanes & leukotrienes that effect & regulate:
- Blood pressure, blood clotting & lipid levels
- Immune response & allergic reactions
- Inflammatory response
- Contraction & relaxation of smooth muscle in the cardiovascular system, respiratory system & reproductive system

**EFA's are also involved in:**

- Energy production
- Haemoglobin production
- Immune system function
- Maintaining healthy vision
- Development of eye structures & vision

**Sources of EFA's**

Omega 3

Alpha linolenic acid (ALA)

High in Flaxseed, hemp seed, canola, walnut & wheat germ oils, green leafy vegetables & young 'greens'

Eicosapentaenoic acid (EPA) & Docosahexaenoic acid (DHA)

Cold water fish & shellfish (salmon, trout, mackerel, sardines, herring, halibut, tuna, mullet, anchovy)

Omega 6

Linoleic acid (LA)

Leafy vegetables, seeds, nuts, grains & vegetable oils (safflower, sunflower, corn, soy bean & sesame).

Gamma-linolenic acid (GLA)

Vegetable seed oils (borage, blackcurrant & evening primrose oil)

Recent research suggests that deficient uptake or excessive breakdown of membrane phospholipids may be associated with schizophrenia. NMR spectroscopy provides evidence of increased phospholipid turnover and a therapeutic effect of omega-3 fatty acid supplementation of neuroleptic drugs (group of drugs used to treat psychoses) treatment in some schizophrenia patients.

(Fenton W. S., Hibbeln J and Knable M, 2000, Essential fatty acids, lipid membrane abnormalities, and the diagnosis and treatment of schizophrenia, **Biological Psychiatry** , Volume 47, Issue 1 , 1 Jan 2000, pp 8-21.)

**In Conclusion:**

- Essential fatty acids play important physiological roles in our health & wellbeing, maintaining cell membranes, nervous system etc.
- Improving our balance of  $\omega 6:\omega 3$  can help prevent many diseases
- Most of us need to lower our  $\omega 6$  and increase our  $\omega 3$ .

# GOJI BERRIES

Sue Litchfield

This month I thought I would talk about Goji. Also known as NingXia or Wolfberries they have been called the most nutritionally dense food on the planet.

Goji berries were first discovered in China over 1000 years ago. For centuries the Goji berry has played an important role in Chinese medicine. It is only in recent years that the western world has discovered the Goji Berry for its natural antioxidant compounds (Vitamins C, E and Beta-Carotene), which are proven to be an effective weapon against free radicals thus preventing premature aging and chronic disease.

Not only are Goji berries full of antioxidants they contain 500 times more Vitamin C per gram than oranges and more beta-carotene than carrots. They contain Vitamins B1, B2, and E; 21 trace minerals including zinc, iron, copper, calcium, germanium, selenium and phosphorus plus 18 amino acids.

If taken in the morning, Goji is said to make one feel happy all day. Goji is available as whole berries and as juice. Both have the same properties. I take a combination of 20ml Goji juice in the morning and with my breakfast I make up a type of Muesli mixing together rolled oats, Goji berries and yoghurt.

As the berries can be a little on the chewy side they can be soaked overnight in fruit juice or water. If using water, make a tea out of it. The juice can then be added to cakes. The berries are very nice added to biscuits in place of sultanas and great in creamed rice.

See Sue's ideas for using these berries in her recipe pages.

## THE ADHD PROBLEM AND HOW WE CAN HELP FIX IT

Our constitution states our commitment to reaching the community with information regarding health problems which may be related to hypoglycaemia. Currently there is great community concern about the diets of school children, in the light of increased incidence of ADHD and related conditions. The task may seem huge on an individual level but each one of us can do our part in informing our local schools that there may be dietary causes of bad behaviour and that children can be helped. One way to do this is to make a copy of the questionnaires on the following pages and contact your local schools regarding the possibility of leaving some copies for staff and P&C.

Thank you again to our ongoing sponsorships.

ADMART gave us a special deal on making the bags. The bags will be given free with each new membership and will be available for sale at meetings.

FILPURE - THE WATER FILTRATION SYSTEMS have given us a very generous discount.

PERFECT SWEET - Caroline and Alex have been very generous with samples and information about Xylitol.

GO VITA ARUNDALL - Di Crisp, who has a very successful health food store on the Gold Coast has spent a lot of time helping out with brochures containing some very useful information.

ORGANIC GROCER

Also a special thanks:

JOHN NATOLI—thank you to John and his office for printing our newsletter free of charge.

**Table 2:**  
**HYPOGLYCEMIC DISEASE QUESTIONNAIRE**

		NEVER	RARELY	OCCA- SIONALLY	USUALLY
1.	I get tired or exhausted				
2.	I forget things easily.				
3.	I feel sleepy during the day.				
4.	I get down or depressed.				
5.	I get down over nothing.				
6.	I have trouble concentrating.				
7.	I get nervous or shaky.				
8.	I easily get angry.				
9.	I eat or crave sweets, or once used to.				
10.	I waken during the night.				
	<u>TOTAL:</u>				

**SCORING**

Total the number of ticks in each column for RARELY, OCCASIONALLY, and USUALLY and then calculate as follows:-

RARELY (total) x 1 \_\_\_\_\_

OCCASIONALLY (total) x 2 \_\_\_\_\_

USUALLY: (total) x 3 \_\_\_\_\_

Add together for TOTAL SCORE \_\_\_\_\_

Less than 8: Hypoglycemic disease is unlikely.

Between 8 to 15: Hypoglycemic disease is possible

**More than 15: Hypoglycemic disease is present.**

Copied with permission from:

The Hypoglycemic Connection II p35.

George Samra, The Hypoglycemic Connection II (with new chapters on Losing Weight, Chronic Fatigue Syndrome, Glycaemic Index, Hormones, Yeast Disease and Allergies.)

ISBN 0-9750404-1-3

**TABLE 3: FOOD ALLERGY QUESTIONNAIRE**

		NEVER	RARELY	OCCA- SIONALLY	USUALLY
1.	I get bloated in my stomach or intestines.				
2.	I get tired or exhausted				
3.	I get asthma, sinus or airway problems.				
4.	I get wind, belching or burping.				
5.	I get itchy skin or rashes.				
6.	I get headaches or migraines.				
<u>TOTAL:</u>					

**SCORING**

Total the number of ticks in each column for RARELY, OCCASIONALLY, and USUALLY and then calculate as follows:-

RARELY (total) x 1 \_\_\_\_\_

OCCASIONALLY (total) x 2 \_\_\_\_\_

USUALLY: (total) x 3 \_\_\_\_\_

Add together for TOTAL SCORE. \_\_\_\_\_

Less than 8: Food allergy is unlikely.

Between 8 to 15: Food allergy is possible

**More than 15: Full allergy is present.**

Copied with permission from:

The Hypoglycemic Connection II p36.

George Samra The Hypoglycemic Connection II (with new chapters on Losing Weight, Chronic Fatigue Syndrome, Glycemic Index, Hormones, Yeast Disease and Allergies.)

ISBN 0-9750404-1-3

## Eating Plan to Control Severe Hypoglycemia

We thought you might get some benefit from the following—an eating plan which has been shown over an extended period to bring hypoglycemia under control.

Regime to follow—resulting from more than 3 years observing and recording mood and energy.

This is a very strict regime and allows no simple sugars, coffee or tea, or high GI fruits and vegetables. Quantities need to be tailored to individual energy requirements. It also avoids wheat containing products.

Some supplements may be needed. The most accurate way to determine what is needed is by a hair analysis.

TIME	MEALS AND SNACKS	DRINKS
5.30am – 7.00am	Sliced Turkey and Brown Rice thin + 2 Carrot sticks and Parsley sprigs if you wake during this period.	Water + 1 tsp Glycerol*
7.30am	first meal of the day SHOULD CONTAIN some protein. eg Chicken or eggs or sardines and Brown Rice thin + olive oil spread.	Water + 1 tsp Glycerol*.
9.30am	<u>In a bowl</u> – 1 teasp lecithin + 3 tab Amaranth + water + goat or soy milk + ½ pear + goats milk yoghurt.	Water + 1 tsp Glycerol*
10.30 am	Brown rice thin + spread + Cos lettuce + carrot or celery stick	Water + 1/2 tsp glycerol*
12.30pm	Steamed Vegetables (at least 1 cup mixed, no potato)+ Turkey, Fish or Chicken	Water
2.30 pm	Brown Rice thin + olive oil spread + sliced cheese (sheep or goat may be more readily tolerated than cow's milk).	Water
4.45pm	Brown Rice thin + olive oil spread + vegemite or sliced meat or sheep's cheese	Water
7.00 pm	Cooked dried beans (broad beans, adzuki or soya mainly then a little borlotti, kidney, cannelloni) + Vegetables (same as at lunch) + brown rice (a little olive oil on vegetables is OK)	Water
9.00 pm	Bed time 2 Brown rice thins + almond spread+ 3 walnuts	Warm water + 1 teaspoon glycerol.
Upon night waking	Intervals of sleep of 2 hours or more – give food as follows: Brown Rice thin + almond spread or vegemite + 3 large Walnuts. <b>Cranberry tablet and Calcium (women's formula)</b> at about half way through the night.	Water with 1 tsp glycerol and 4 drops Bush Flower – Spinifex (to relax) at each session.

\*important to give glycerol up to 10.30am as indicated.

\*This is the basic plan followed with success by Geoff Goninon to control his wife's hypoglycemia and epilepsy. A number of vitamin and mineral supplements were also used, following a hair analysis to determine deficiencies.

**Geoff Goninon**

## RECIPES—FROM SUE LITCHFIELD

### **Baked Apples with Cranberries**

2 apples

$\frac{3}{4}$  cup frozen cranberries

Rice syrup, Xylitol or Pear concentrate will do

Squeeze lemon juice (op)

Few sultanas or currants (op)

25g margarine of choice, or butter

Preheat oven to 180C (160 fan forced). Grease a heatproof shallow dish with a little extra margarine or butter.

Remove the apple cores using a corer or a teaspoon. Place in the prepared dish. Combine cranberries, sultanas and sweetener of choice (amount you use will depend on the sweetness required). Fill the apple cavities with the mixture. If there is any left-over mixture, spoon it around the apples. Dot with butter or margarine. Bake for approximately 25 minutes till cooked. Stand for five minutes. Serve with the extra cranberries and juice ladled over the top. Serve with custard or yoghurt

Note:Goji berries could also be used, however they will be best if soaked for a few hours. Drain well before using.

### **MUSTARD PORK FILLETS**

2 pork fillets

$\frac{1}{2}$  cup Dijon mustard (or seeded mustard)

$\frac{1}{2}$  cup maple OR Rice syrup

1 chopped French shallot

1 clove garlic, crushed

$\frac{1}{4}$  cup oil

$\frac{1}{4}$  cup dry white wine

$\frac{3}{4}$  cup beef stock (or stock of choice)

Pepper and salt to taste

Heat oven to 180C

Mix the mustard with the syrup. Add the fillets and marinade for 2 hours in fridge.

Heat a little of the oil in a frying pan. Remove meat from marinade and quickly brown the pork all over. Roast the pork in oven till cooked as desired. Let it rest while preparing the sauce.

Sauté shallots in a little oil. Add garlic and wine and cook till reduced by half. Add stock and half of the marinade and simmer for 10 minutes. Add seasoning if required.

Cut the fillets into 8 slices and serve with the sauce poured over the meat.

## **MUFFINS**

2 cups oat bran

1/2 cup soya flour

1/2 cup brown rice flour

1/3 cup roughly chopped walnuts

1/3 cup raisins

1 tab baking powder

3 level teas "Egg Like"

1 teas ground cinnamon

1/2 teas guar gum

1/4 teas Stevia

2 tab glycerine\*

2 tabs rice syrup

1 cup water

Preheat oven to 180C

Mix all the dry ingredients thoroughly. Combine all the liquid ingredients and stir in with a fork adding more water to make a moist consistency. Place in greased large muffin tray and bake for bout 40 mins. If using small muffin trays (12 to the tray) bake for 30 mins.

## **VARIATION**

### **APRICOT**

Replace raisins with chopped apricots.

Replace walnuts with roughly chopped pecan nuts.

Ground ginger is also nice for a change instead of cinnamon.

### **SULTANA**

Replace raisins with sultanas. Add 1 grated apple. Note: less water may be required depending on the moisture of apple.

### **GOJI**

Replace the fruit with goji berries, however before using, soak them in the liquid first to soften them.

\*may also be called glycerol.

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PO Box 830 Kogarah NSW 1485

ABN 65846851613

Registered Charity CFN 16689

[www.hypoglycemia.asn.au](http://www.hypoglycemia.asn.au)

## MEMBERSHIP RENEWAL

PLEASE PRINT

Mr/Mrs/Miss: Surname:..... First Name: .....

Address: .....

.....State:.....Postcode:.....

Please notify if your details have changed.

1 year Membership: \$22.00

3 year membership: \$50.00

Pensioners & Health Care Card Holders

1 year membership: \$16.50

3 year membership: \$ 35.00

Life Membership: \$200.00

### Please tick type of membership

PLEASE NOTE - we now have Internet Banking. Details are as follows.

Our Bank Details: Westpac BSB: 032 258 A/C: 50 0324

When you choose <Internet Fund Transfer> Please insert: the following 2 details

1. Amount you are paying
2. your **NAME, IN THE REMITTER BOX** (very important as this is the only record of your payment if you pay online. Failing to do so creates a bank charge of \$35.00 for the Association.)

**Please check with your bank for any differences in procedure for Internet Banking (this is based on the NAB format).**

**Until we set up automatic payment online would you please post or email your form (renewal or application) to Sue Litchfield), to enable us to keep track of membership payments.**

As we are a registered charity, membership and all donations of \$2.00 or more are tax deductible.

Membership entitles you to all up-to-date information & newsletters. If you require a receipt please include a self addressed stamped envelope.

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## MEMBERSHIP APPLICATION

PLEASE PRINT

Mr/Mrs/Miss: Surname:.....First Name: .....

Address: .....

.....State:.....Postcode:.....

Phone/or mobile number:.....

Email Address:.....

Year of Birth:.....Occupation.....

Full Membership: \$ 44.00

This includes a joining fee of \$22.00.

Pensioners & Health Care Card Holders Membership: \$ 33.00

This includes a joining fee of \$16.50.

Life Membership: \$200 (note no joining fee)

### Please tick type of membership

Membership entitles you to all up-to-date information & newsletters. Please include your email address if you wish to receive the newsletter by email. This is recommended as it saves us postage and allows us to keep the membership subscription down.

Do you suffer with hypoglycemia? YES/ NO

Does a family member have food allergies/intolerances? YES/ NO

As we are a non-profit organisation aimed at providing support to our members, we need a group of volunteers to call on to spread the load in running the association. If you have any skills that would be of use in this we would appreciate your input.

Are you interested in volunteering to help running the association? YES/NO

**See the Renewal Form on the previous page for instructions on paying by Internet Transfer.**

Did you know that the Hypoglycemic Diet is the core of nutritional treatment? It is also the first step to the treatment of 90 other illnesses.

**Please Photocopy**

**HEALTH PROFESSIONAL'S DONATION FORM**

Name: \_\_\_\_\_

Profession: \_\_\_\_\_

Contact Number: \_\_\_\_\_

I wish to donate a cheque for \$ \_\_\_\_\_

Payable to the "Hypoglycemic Health Association of Australia."

Donations are tax deductible.

Please forward a complimentary copy of Dr George Samra's current book "THE HYPOGLYCEMIC CONNECTION II" to

Address: \_\_\_\_\_

\_\_\_\_\_ Post Code \_\_\_\_\_

**Email Contacts:**

Geoff Goninon—President

[geoffgoninon@optusnet.com.au](mailto:geoffgoninon@optusnet.com.au)

John Natoli—Secretary

[jpn@jntax.com](mailto:jpn@jntax.com)

Sue Litchfield—Treasurer

[litch.grip@bigpond.com](mailto:litch.grip@bigpond.com)

Feel free to contact any of the above members for further information.

***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 you may choose the following options to guide your wording.

**Option 1**

I devise the sum of \$ \_\_\_\_\_

To the Hypoglycemic Health Association of Australia for 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 proportional bequest)

I give the Hypoglycemic Health Association of Australia for its general purposes or the specific purpose of \_\_\_\_\_ a \_\_\_\_\_ percent of my estate.

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

***2007 MEETING DATES—31 March, 4 August, 1 December***

***Every year Easter falls on a different day, so please confirm the date of the first meeting when you receive the first newsletter of the year .***