

Hypo Health News

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Our next Public Meeting will be at
2pm
on **Saturday 6 December 2008**

at **YWCA** (Room tba)

5 – 11 Wentworth Ave, Sydney

Our guest speaker will be **Zac Bobrov**
who will be speaking about



“How to uncover risk factors to many causes
of ill health”

using hair tissue mineral analysis

All are welcome, but please ring Geoff on
02 9724 5317 to reserve your seat and
assist with catering

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.

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The Hypoglycemic Health
Association of Australia

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The Newsletter of the
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of Australia is distributed to
members of the association and
to Health Professionals with an
interest in Nutritional Medicine
and Clinical Ecology. Past
newsletters are also available on
the website
(<http://www.hypoglycemia.asn.au>)

LETTER FROM THE PRESIDENT, GEOFF GONINON

I hope you are well and looking forward to a thrilling and fulfilling future as we work together to bring a flow of extraordinary good health to our families, to our communities and to ourselves.

On 11 Sept 2008 my dear wife, Margaret Goninon, aged almost 90, passed away peacefully in her sleep. Margaret was free from arthritis, skin problems and pain .In her 88th year she was well and very happy. We thank Dr George Samra, Jurriaan Plesman, Lorraine Smith and Jeanette Bousfield for their wonderful help in giving to us the information we needed so desperately to control Margaret's HYPOGLYCEMIA.

The title of Mr Zac Bobrov's address to a recent seminar was "Reveal your levels of minerals and toxins with HAIR ANALYSIS. Preventing Age related Deterioration". The Hypoglycemic Health Association is thrilled to announce that at our 6th December meeting at the YWCA we will have the privilege of witnessing a very entertaining and informative presentation by the very same Mr Zac Bobrov. Mr Bobrov's presentation is titled 'How to UNCOVER Risk Factors to many causes of ill health' (How to stop the sickness monkey jumping on your back). Please bring a friend or two to this meeting and don't forget to ring me on 02 9724 5317 or send an e-mail to, geoffgoninon@optusnet.com.au so I can ensure you will have a seat. See also www.interclinical.com.au for more information on Zac Bobrov.

I've recently spent some time looking into the work of Dr Max Gerson. Anyone interested in the nutritional healing of what were previously defined as "incurable" illnesses should refer to p109 of 'The Allergy Connection' By Dr George Samra, where reference is made to Dr Max Gerson. I know I have benefited from his theories, so please take look at the following resources for further information: Kathryn Alexander's website (<http://www.getalife.net.au>), the Gerson Institute website (<http://www.gerson.org/>) and the Inner Glow website (<http://www.innerglow.com.au>).

For all those of you I may not see before Christmas , may I wish you all a VERY HAPPY HOLY and SAFE CHRISTMAS

LETTER FROM THE TREASURER, SUE LITCHFIELD

Another year is coming to a close and that reminds me that membership fees are due in March

We have had a very successful year and the support from all you members has been the best we have had for a number of years. Many thanks to you all. Financially we seem to be getting better as the year goes on - our cheque account has the grand total of \$19.84 however our maxi account now has a staggering \$7708 .29. Thankyou to those who have been so generous with your donations.

It is hoped that during the course of next year we will have brochures on Hypoglycemia printed and handed out to schools and gyms.I will keep you posted on further developments.

The meetings have been extremely well attended. Could you please let Geoff or myself know if you plan on coming to the meetings as it makes my life a lot easier for catering purposes. It is very difficult to provide food if one does not know the numbers. I have been caught out on numerous times over the years.

Because of all the generous donations, the committee continues with the policy of not charging an entrance fee. However, a donation towards the cost of afternoon tea will be gratefully received

It also has been a very sad year - our president's wife unfortunately passed away during the year and Dr Samra's mother in-law also passed away. Our thoughts and sympathy go out to both families.

I wish you all a very happy Christmas and a prosperous new year. I'm looking forward to catching up with you all at the meetings

Sue Litchfield recently enjoyed some international travel. Read below for her account of how she juggled traveling with maintaining a healthy diet:

Traveling overseas can be really easy if one knows the ropes.

When I booked my ticket months ago it completely slipped my mind to order a special meal. What a mistake that was because the aeroplane meals served were full of all the things I couldn't eat. However, I was lucky in that the breakfast menu included eggs and the hostesses were very understanding, producing some cheese, fruit and plenty of water.

England was great, probably because everyone could speak English and I could always get what I wanted. On checking in to our bed and breakfast the first thing the owners asked about was whether we had any special dietary needs. I was able to have anything I wanted for breakfast, including a choice of gluten free and organic rye breads plus, would you believe, a range of sugar free jams. All the restaurants in England usually had at least one vegetarian meal to offer and people went out of their way to help out with my requirements.

Now, when it comes to France, that is another story. We stayed in a small country village where no English was spoken. Trying to find sugar and wheat free products was impossible. I would hate to imagine what would have happened if I was a diabetic as there were practically no sugar-free foods. I found I had to look out for products with the wording "Sans Sucre" on the packaging (this means sugar free). While I might have had troubles with sugar, dairy products were another issue. There are so many varieties of goats and milk cheeses and yoghurts available I was in seventh heaven and they became my staple diet.

Eating out was almost impossible as the French just love their rich food. Bread is served with every course, and requests for gluten free or rye bread fall on deaf ears - plus the bulk of all the foods on menus come served with very rich sauces. There were very few vegetables served with meals, in fact one has to order them as a separate dish. However, the French Champagne was great!

By the time we got to Paris I was starting to get the gist of the language. The little delis, meat and vegetable shops were just wonderful, not to mention the markets. I had absolutely no problem at all except for the bread as there were no wheat-free products that I could find, but that really did not worry me too much as there was so much other stuff around

When we got to Latvia we again had a language problem. Latvia is on the Baltic Ocean and was part of the communist regime until 1990. It is a very beautiful country but oh so flat. We were staying at a hotel where the staff were very helpful indeed and went out of their way to help. Here we wandered through the markets the likes of which I've never seen. Providing it was in season, all types produce was available; cherries and strawberries were in season and very cheap by our standards. There were vegetables there I don't even know the name of. Seafood was plentiful and again there were fish I had never heard of. The caviar was extremely tasty and not too expensive.

Eating out in restaurants was a bit of a challenge as not a lot of English was spoken. There were plenty of restaurants but not a lot of takeaway outlets, so there was very little junk food around. Their idea of a snack was usually the very heavy rye bread, fruit and smoked meats, which is not good for the old cholesterol (a huge problem in both Latvia and Armenia). A lot of the population relies on smoked products as the general public, in years gone by, and to a certain extent still today, can't afford refrigeration!

Armenia was fantastic and was like stepping back at 30 years in time - one could almost write a book on the subject. It is a small country surrounded by Turkey, Iran and Georgia. The capital Yerevan is situated in an old volcanic crater. The country itself is very mountainous with some of the most beautiful valleys I have ever seen.

Our friend in Armenia, Vegan, also has Hypoglycaemia so I was in very good hands. It really was another one of life's great experiences as all the food was organic and very plentiful if in season. Cherries and apricots were in season and I had forgotten how wonderful fruit is when picked straight off the tree - especially the mangoes that were so fresh and juicy .OH what luxury! There were also plenty of buffalo and sheep products around - the variety was not as extensive as that in France but then again Armenia is a poor country by our standards.

Armenia did not have any McDonalds and eating out in restaurants was considered a luxury so all the food we ate was homemade and, although very basic, was really enjoyable.

When we got to Hong Kong it was a little bit easier as we know the city like the back of our hand. We ate out at night in some of the most weird and wonderful back streets. There were some funny things available but we tended to stick to basic fish and chicken.

Well, that's a summary of our trip eating our way around the world! Please do remember when booking flights to order a special diet. When traveling, there are many food types available even if they are a little on the light side for sugar free diets. I tend to stick to either gluten free or vegetarian as they are the safest bet by far.

Recipe by Sue Litchfield - Frittata Fingers

½ cup firmly packed grated zucchini

½ cup firmly packed grated carrot

½ cup firmly packed grated parsnip

2 finely chopped shallots

3 eggs lightly beaten

1/3 cup cheese of choice

2 tabs fresh chopped parsley

1 tabs plain flour of choice

2 teas light olive oil or oil of choice

Preheat oven to 180C. Grease a shallow 18.5 square cake tin and line base and the 2 opposite ends with baking paper allowing to over hanging the ends

Heat the oil in a medium saucepan Add zucchini, carrot parsnip and shallot. Cook for 4-minutes stirring all the time. Set aside to cool for about 10 minutes.

Combine vegetables, egg, grated cheese, parsley, egg and flour in a large bowl

Spoon mixture into pan smooth the surface and bake in oven for 12 minutes or till set. Cool in pan for 10 minutes before turning out onto a plate to cool completely

Cut into fingers to serve

At our July 2008 meeting, we were lucky to hear Ian White speak about his bush flower essences. Below are some frequently asked questions taken from Ian's web site, "Australian bush flower essences". You can learn more about him and his flower remedies by visiting <http://www.ausflowers.com.au>.

What are Flower Essences?

Flower Essences are not therapeutic drugs - but work on the mind, body and spirit and are obtained by extracting the healing vibrational quality from the most evolved part of the plant - the flowers. They work on an emotional level, harmonising negative feelings and belief patterns, held in the subconscious mind.

How are they prepared?

Flower Essences are prepared by imprinting a flower's unique vibrational healing signature onto a carrier solution of brandy and water. This is achieved by working with flowers, under ideal conditions, that are growing in the wild in an environment free from pollution, roads and power lines. These flowers are collected and without being touched directly by the individual, placed in a bowl of pure water and left in direct sun for several hours. The flowers are then removed from the bowl, using a twig or a leaf from the same plant. The remaining flower water is then added to an equal amount of Australian brandy and this mixture is referred to as the Mother tincture. The latter is further diluted to produce the stock concentration which in turn is also diluted in order to prepare the dosage strength.

How do Flower Essences work?

The concept of healing that was shared from such great healers as Hippocrates, Paracelsus, Hahnemann, Bach and Steiner was a simple one. They all believed that good health was a result of emotional, spiritual and mental harmony and found that when they treated their patients' emotional imbalances, their diseases were cured.

Disease (dis-ease, that is not at ease with oneself) itself is a physical manifestation of emotional imbalances, put quite simply where the emotions go the mind and body follow. Yet disease is not something to be feared or overly worried about, rather, it can be seen as an indication that something in a person's life is out of balance. Consequently, a disease or illness can be seen in quite a positive light, for it can point the person back towards the right path. Each person has a specific life plan or purpose and, once in tune with this and following it, the person's life flows much more easily and successfully. It is our intuition or 'gut feeling' which helps to keep us aligned to our life purpose.

The Bush Essences give us the sensitivity, strength and courage to listen to and follow both our intuition as well as our goals and dreams.

The Australian Bush Flower Essences also bring forth the positive qualities that reside deep inside every one of us. Their activation allows us to replace fear with courage, hatred with love, insecurity with self confidence, etc.

Bach himself stated it quite wonderfully when he said that the function of Flower Essences are:

To raise our vibrations and to flood our natures with the particular virtues and to wash out from us the faults which were causing them. They are able like beautiful music or any gloriously uplifting thing which gives us inspiration, to raise our very natures and bring us nearer to ourselves and by that very act to bring us peace and relieve our suffering. They cure not by attacking disease but by flooding our bodies with beautiful vibrations of our higher nature in the presence of which disease melts as snow in the sunshine.

Richard Gerber MD, in his excellent book *Vibrational Medicine*, provides a more scientific and

physiological description of how the Flower Essences work. When an Essence is ingested or absorbed through the skin, it is initially assimilated into the blood stream. Then it settles midway between the circulatory and nervous systems. There, an electromagnetic current is created by the polarity of the two systems. The Essence then moves directly to the meridians, which are vital mechanisms of interface between the subtle bodies and the physical body. From the meridians the Flower Essence is amplified out to the chakras and various subtle bodies and then back again to the physical body. The amplification also magnifies the life force potency of the Essence and aids in its assimilation. The Essence reaches the imbalanced parts of the body faster and in a more stable form. The quartz-like crystalline silica structures in the physical body, such as those in the blood stream, the hair and nails, amplify and transmit the healing energies of the Flower Essences to their appropriate sights of action, and at the correct frequencies. This whole process is similar to the way radio waves strike a crystal in a radio so that the crystal resonates with the higher frequencies, absorbing them and transforming them into audio frequencies which can be heard by the human ear.

How long have Flower Essences been used?

For thousands of years Australian Aborigines have used flowers to heal emotional imbalances and physical injuries. Flower Essences were also used in Ancient Egypt, as well as India, Asia, Europe and South America. This system of healing was rediscovered and popularised seventy years ago by Dr. Edward Bach with his use of English flowering plants. Naturopath, Ian White, a 5th generation Australian herbalist, has further developed this method using plants from all over Australia. Ian grew up in the bush and was taught from an early age the healing power of Australian plants. He has spent many years travelling Australia researching and developing a range of 65 specific Bush Essences.

What makes Australian Bush Flower Essences unique?

Australia, as well as being the first continent, has both the worlds oldest and highest number of flowering plants, displaying striking colour, tremendous beauty and powerful ancient forms. It is one of the most unpolluted countries and metaphysically has a very wise, old energy. The Australian Bush Flower Essences tap into this power, strength and vitality and for this reason the remedies are unique, fast acting and are successfully used worldwide.

Can I take Australian Bush Flower Essences when I am currently using other medication?

Absolutely. The Australian Bush Flower Essences can be taken whilst under treatment with natural and/or pharmaceutical medications with no negative effects whatsoever. There is no healing modality that is compromised by combining it with the Australian Bush Flower Essences.

What if I selected and took the wrong Bush Flower Essence?

The subtle energies of the essences will address current and presenting issues only so there is no danger of taking the wrong essence. The remedies are self adjusting and without side effects. If you did not need the benefit of the remedy then nothing would happen, it simply would not work.

Can I use Australian Bush Flower Essences with children?

Australian Bush Flower Essences are an effective drug free solution for adults, children and even your pets. In fact they work extremely quickly on children and animals as they do not have as many emotional blocks as adults generally do. We recommend the same dose for children as adults and animals as well, i.e. 7 drops on rising and retiring.

Recipe by Sue Litchfield - Carrot and Walnut Cake

½ cup sultanas or Raisins I use Raisins

Juice of orange

2/3 cup milk of choice

2 tsp lemon juice or vinegar

1 teas bi-carb soda

2 cups Gluten free S.R.Flour

1 teas mixed spice or cinnamon

1/2teas Guar Gum

1 cups Xylitol

½ cup chopped walnuts or Pecans

3 medium grated carrots

1 granny smith apple grated- I don't always use

Grated ring of 1 lemon I don't always use

½ cup rice bran oil approx

3 eggs lightly beaten

Preheat oven to 180 or 160 fan forced

Grease and line a 25 cm spring form tin

Combine sultanas and orange juice in a small bowl and let stand for 20 min.
Meanwhile combine milk and lemon juice /vinegar an set aside for 5 mins to sour

Sift flour, soda, mixed and ½ teas salt/ Stir in sugar, walnuts, apple, carrot, lemon rind and sultana mixture pour in combine milk and beaten eggs and stir gently till well combined

Spoon into prepared cake tin and bake for 50-55 minutes or till cooked. Turn out onto a wire rack to cool completely

Recipe by Sue Litchfield – Fruit yoghurt

In a food processor, add 2 cups of cubed Mango or Strawberry and approximately 1 cup of plain yoghurt (I use Buffalo).

Run food processor until the mixture is very smooth. Add a touch of stevia to taste.

Freeze.

Remove from freezer 1 to 2 hours before serving time. It should be the same consistency as ice cream. Obviously the amount of time needed out of the freezer before serving depends upon the temperature.

The below release is designed to publicise the December meeting. Please feel free to distribute this as widely as possible.

**Hypoglycemic Health Association of Australia
Notice of next meeting – 6 December 2008
YWCA, 5-11 Wentworth Ave, Sydney. 2-4pm
Hair tissue mineral analysis (HTMA) – Zac Bobrov**

The Hypoglycemic Health Association of Australia is a non-profit, charitable organisation, providing information to its members on hypoglycemia and other nutritional disorders since 1985.

On the first Saturday of every April, August and December, the Association holds a public meeting at the YWCA in Sydney. We're very pleased to announce that the next meeting will be held on Saturday 6 December 2008 and will feature a presentation by Zac Bobrov on hair tissue mineral analysis (HTMA).

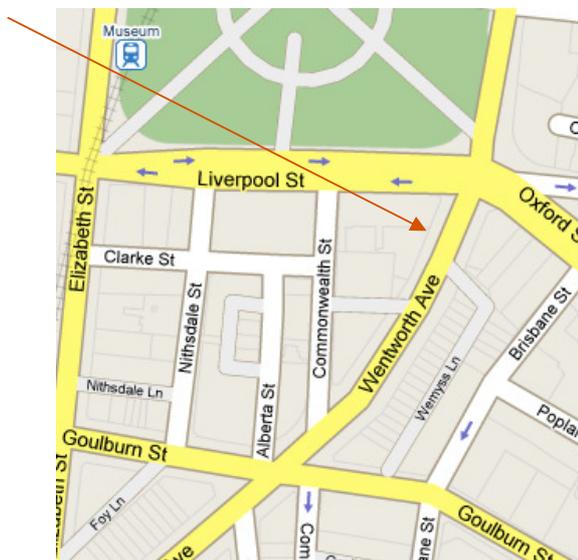
HTMA is a comprehensive, non intrusive and effective health screening tool for assessing your body's nutritional mineral status and determining potential health problems due to the presence of heavy and toxic metals.

In his presentation, Zac will cover:

- What is a hair analysis?
- What can a hair analysis tell me about my health?
- Why test for minerals?
- Why use hair (tissue) and not blood when assessing minerals?
- Causes of mineral imbalances.
- Determining which supplements are best for me
- How to take a hair sample

All are welcome, but in the interests of seating and catering, please contact Geoff Goninon (geoffgoninon@optusnet.com.au or 9724 5317) if you plan to attend.

Further information on hypoglycemia is available and via the Hypoglycemic Health Association of Australia web site (<http://www.hypoglycemia.asn.au>).



Zac Bobrov

