

Complete List of all Newsletters. Those in RED are available on the internet

Author	Title	Date	Page	Volume	Numb
Sharp, E	Labelling of Products	1/9/85	3	1	3
Plesman, J	Nutritional Titbits: Rice Syrup, Honey, Adrenal	1/9/85	4	1	3
Plesman, J	Insomnia	1/1/86	3	2	1
Vayda, Dr W	Hypoglycemia, Food Allergies and Candida	1/4/86	1	2	2
Yates, Dr J	Name Of the Association	1/4/86	5	2	2
Blewett, Dr N	Reply to L Grady's Representations re Cytotoxic	1/4/86	6	2	2
Pemberton, D	Hypoglycemia	1/7/86	1	2	3
Samra, Dr George	Warning Against Hypoglycemic Name Tags	1/7/86	6	2	3
Samra, Dr George	Hyperactivity, Hyperactive Child Syndrome,	1/10/86	5	2	4
Scholfield, Dr G	Alternative Medicine	1/10/86	11	2	4
Ng, Dr E Keith	Role Of Acupuncture And Its Modalities In the	1/2/87	1	3	1
Plesman, J	When An Allergy Is Not An Allergy (Stomach	1/5/87	2	3	2
Samra, Dr George	Voll Machine, Arthritis, Hypoglycemia	1/5/87	3	3	2
Plesman, J	Zinc Toxicity	1/5/87	4	3	2
Choice Magazine	Artificial Sweeteners	1/8/87	2	3	3
Plesman, J	Nutritional Tests	1/8/87	6	3	3
Alexander, Dr R C	Thinking Makes It So	1/11/87	2	3	4
Swannack, N	Member's Letter	1/11/87	4	3	4
Anonymous	A Member's Story	1/3/88	2	4	1
Attwood, Elaine (SOMA)	Letter by Author Who Attended Lecture by Prof.	1/5/88	2	4	2
Samra, Dr George	Desperation In the Sugar Industry	1/5/88	2	4	2
Bassal, Dr N	Report on Lecture on 12 March, 1988	1/5/88	3	4	2
McLeay, Dr A	Hair Analysis, Vitamin, Mineral and Allergy Tests,	1/8/88	2	4	3
Plesman, J	Americans Have Gained A Legal Right to	1/8/88	5	4	3
Pemberton, D	Dietary Means Against Environmental Toxins	1/11/88	2	4	4
Plesman, J	Accid Rain Is Polluting the Air, Lakes and Streams	1/11/88	5	4	4
Plesman, J	Allergies: Natural Defence System Gone Haywire	1/11/88	6	4	4
French, R	Natural Foods for Health and Enjoyment	1/3/89	4	5	1
Davison et al.	Letter from G W Davison & A Gillezeau	1/3/89	7	5	1
Plesman, J	The Glycemic Index Isn't All It's Cracked Up to Be	1/3/89	9	5	1
Plesman, J	ALCAT: The New High Tech Allergy Test	1/5/89	2	5	2
Asher, Dr E	Homeopathy: Self-Help for the Hypoglycemic	1/5/89	3	5	2
Plesman, J	Linoleic Acids Help Fight Allergies	1/5/89	4	5	2
Samra, Dr George	Fruit Diet for Hypoglycemics	1/5/89	4	5	2
French, R	How to Lower Cholesterol & Prevent Heart	1/5/89	5	5	2
Plesman, J	How Environmental Pollution Affects Our Health	1/5/89	10	5	2
Dobie, Dr P	Environmental Medicine: An Expanded Approach	1/8/89	3	5	3
Plesman, J	How Environmental Pollution Affects Our Health	1/8/89	7	5	3
Skinner D et al.	Minds Total Wellbeing Programme	1/8/89	10	5	3
Plesman, J	The Omega-3 Phenomenon	1/8/89	12	5	3
Samra, Dr George	Chronic Fatigue	1/11/89	2	5	4
SOMA	Orthomolecular Medicine and The College of	1/11/89	6	5	4
Plesman, J	Psychiatry: Your Right to Choose	1/11/89	8	5	4
Buist, Dr R	Avoiding Problems with Special Diets	1/11/89	11	5	4
Donohoe, Dr M	Detoxifying for Environmental Chemicals	1/3/90	3	6	1
Buist, Dr R	Who Needs Vitamin Supplements?	1/3/90	5	6	1
Plesman, J	Depression	1/3/90	7	6	1
Editor	The Name HYPOGLYCEMIA under attack	1/6/90	2	6	2
Editor	Dr Samra Exonerated	1/6/90	3	6	2
Vayda, Dr W	Mood Foods: Change your Food to Change your	1/6/90	3	6	2

Complete List of all Newsletters. Those in RED are available on the internet

Author	Title	Date	Page	Volume	Numb
Plesman, J	The Forgotten Factor in the Crime Debate	1/6/90	5	6	2
Editor	List of Salicylate containing Foods	1/6/90	10	6	2
Mindell, E	Vitamins instead of Valium	1/6/90	12	6	2
Pemberton, D	Pollution throughout The Ages: Is There an	1/6/90	12	6	2
Anonymous	A Prisoner Writes from a Victorian Gaol	1/9/90	2	6	3
Howes, A	Surgery for the "ME" sufferer	1/9/90	2	6	3
Vayda, Dr W	Chronic Fatigue Syndrome	1/9/90	3	6	3
Editor	Overview of the Manly Private Hopspital Allergy	1/9/90	7	6	3
Rodale's 1961	Carob Flower for Sweet Tooth	1/9/90	8	6	3
Duff,S	My Story	1/12/90	2	6	4
Reams, D L	The Relation Between Hypoglycemia and	1/12/90	3	6	4
Pemberton, D	The Organo Chlorine Debate	1/12/90	5	6	4
Samra, Dr George	Diet Crime and Delinquency	1/12/90	7	6	4
Samra, Dr George	Hyperactivity	1/3/91	2	7	1
Vayda, Dr W	Stop The Mould	1/3/91	4	7	1
Plesman, J	Scientific Method	1/3/91	5	7	1
Pemberton, D	Preparing the Chemist for Environmental Issues	1/3/91	9	7	1
Scholfield, Dr G	I Hate My Hypoglycemia	1/6/91	2	7	2
Buist, Dr R	Cholesterol Reduction and Increased Mortality In	1/6/91	6	7	2
Smithkline Biologicals	Hepatitis B: Prevention is the only cure.	1/6/91	7	7	2
Plesman, J	Gallbaldder Disease	1/6/91	8	7	2
Pemberton, D	Organochlorines in the Food Chain	1/6/91	11	7	2
Plesman, J	What is Hypoglycemia?	1/9/91	3	7	3
Samra, Dr George	Fatigue (Lecture given to MINDS)	1/9/91	6	7	3
Samra, Dr George	Headaches and Migraine	1/12/91	4	7	4
McNaughton,S C	Yes Minister..Changing Prison Diets	1/12/91	6	7	4
Williams, Xandria K	Living With Allergies	1/12/91	7	7	4
Brighthope, Dr I	Food Allergies	1/12/91	8	7	4
Vayda, Dr W	The Lady on the Skids	1/3/92	2	8	1
Plesman, J	Sugar: Love/Hate Situation - Review Article	1/3/92	4	8	1
Jacobs,J	Letter on Prisoners' Diet	1/3/92	7	8	1
Whitmore, Trixie	Chemical-Free Living	1/6/92	2	8	2
Plesman, J	Health and The Elderly, holistic clinics	1/6/92	3	8	2
Cook,Bev	Bev Cook's Report	1/6/92	5	8	2
Jacobs,J	An Experiment At The Keelong Juvenile Justice	1/6/92	5	8	2
Jacobs,J	Collins Gem Guide, Natural & Artificial Food	1/6/92	5	8	2
Bonrank,P	A Case Of Obsessive Compulsive Disorder	1/6/92	6	8	2
Pemberton, D	Organo Chlorines In The Food Chain	1/6/92	7	8	2
Whitmore, Trixie	Painting and Decorating	1/6/92	7	8	2
Plesman, J	Tryptophan Went The Comfrey Way	1/6/92	8	8	2
Plesman, J	Nutrition Against Drugs and Alcohol	1/9/92	2	8	3
Langer,A	Nutrition in Sport	1/9/92	6	8	3
Plesman, J	Comfrey	1/9/92	6	8	3
Samra, Dr George	Reply to Device Gives Sweet Reading	1/9/92	6	8	3
Kjeldsen Kragh et al	Once More, Diet in Rheumatoid Arthritis	1/9/92	7	8	3
Plesman, C	Common Garden Weeds; the Answer to skin	1/9/92	7	8	3
Samra, Dr George	Fit for Life: A Life-Time of Remedies	1/12/92	2	8	4
Buist, Dr R	The Cholesterol Myth (Bookreview)	1/12/92	6	8	4
Brighthope, Dr I	Company Drug Pushers	1/12/92	8	8	4
Lucy, R	Vitamins and Nutrients	1/3/93	2	9	1

Complete List of all Newsletters. Those in RED are available on the internet

Author	Title	Date	Page	Volume	Numb
Vayda, Dr W	Psycho-Nutrition (Bookreview)	1/3/93	5	9	1
Chaitow,L	About Aspartame (Nutrasweet)	1/3/93	6	9	1
Brighthope, Dr I	Aluminium Babies	1/3/93	7	9	1
Taylor, C	Spiritual Aspects of health	1/6/93	2	9	2
British Digestive	Understanding Ulcerative Colitis & Crohn's	1/6/93	3	9	2
Plesman, J	Notes on Crohn's Disease & Ulcerative Colitis	1/6/93	6	9	2
Brighthope, Dr I	Migraine	1/6/93	7	9	2
Brighthope, Dr I	Food Sensitivity & Juvenile Onset Diabetes	1/6/93	7	9	2
Brighthope, Dr I	Potentially Harmful Effects of Food Irradiation	1/6/93	7	9	2
Yudkin,J (Nutrisearch	Heart Disease Sugar and Fat - The Real Villain	1/6/93	8	9	2
McInerney, M	Introduction to Health	1/9/93	2	9	3
Brighthope, Dr I	Chemical Wins	1/9/93	4	9	3
Brighthope, Dr I	Diethylstilboestrol daughter	1/9/93	4	9	3
Plesman, J	Getting to Know the Opposite Sex (Part 1)	1/9/93	5	9	3
Adelle Davis	Sore Mouth and Tongue (extract: Let's Get Well)	1/9/93	7	9	3
Dwyer, Prof John	What is myalgic encepholomyelitis/Chronic fatigue	1/9/93	7	9	3
Smith, Ingrid	Milk Free Pikelets & Biscuits	1/9/93	8	9	3
French,R	Genes can be Damaged by Diet	1/12/93	2	9	4
Hyperactivity/Add	Attention Problems in Children	1/12/93	4	9	4
Editor	Vitamin A under attack	1/12/93	5	9	4
Plesman, J	Getting to Know the Opposite Sex (Part 2)	1/12/93	6	9	4
Samra, Dr George	New Theories of Chronic Fatigue Syndrome	1/3/94	2	10	1
Heyman, K	Diet and Cancer	1/3/94	6	10	1
Nutrisearch	Cholesterol & Garlic	1/3/94	9	10	1
Nutrisearch	From Beer to Crack	1/3/94	9	10	1
Nutrisearch	Garlic & Intermittent Claudication	1/3/94	9	10	1
Nutrisearch	Gallstones & Vitamin C	1/3/94	9	10	1
Nutrisearch	Multiple Sclerosis & Prostate Cancer	1/3/94	10	10	1
Gammal, Dr Robert	Dental Causes of Systemic Disease	1/6/94	2	10	2
Plesman, J	The Side Effects of Drugs	1/6/94	5	10	2
Newman, Dr CR	The Case of Daniel	1/6/94	9	10	2
Osiecki, H	Gout	1/6/94	10	10	2
Editor	Alternative Medicine Now To Be recognised	1/9/94	2	10	3
Fluhrer, Dr J	Chelation Therapy	1/9/94	3	10	3
Plesman, J	Nutrition-Behavior Inventory Questionnaire	1/9/94	6	10	3
Mindell, Earl	Cravings	1/9/94	9	10	3
Baden ND, Daniel	Free Radicals and Antioxidants	1/12/94	2	10	4
Vayda, Dr W	Introduction to Chronic Fatigue	1/12/94	4	10	4
Samra, Dr George	Comments on Introduction by Dr W Vayda	1/12/94	6	10	4
French,R	The First and Last Diet: Man's True diet	1/12/94	7	10	4
Samra, Dr George	What is New in Fatigue Therapy and Dietary	1/3/95	2	11	1
Gateley CA et als.	Evening Primrose Oil and Breast Pain	1/3/95	8	11	1
Stokes, J (CSIRO)	Egg Facts	1/3/95	8	11	1
Roe, D.A.	List of Drug/Nutrients Interaction	1/3/95	9	11	1
Milliotis, Dr C	Early Intervention of Diabetes	1/6/95	2	11	2
Stokes, J (CSIRO)	Fish and Oil	1/6/95	5	11	2
McIntosh, Dr G(CSIRO)	Whey Protein New Uses for an Old Waste	1/6/95	6	11	2
Editor	Water Heaters and Health Risks	1/6/95	7	11	2
Editor	Every Little Drop Counts	1/6/95	7	11	2
Rapp, Dr D, Spijer, D	Sugar and Hyperactivity	1/6/95	7	11	2

Complete List of all Newsletters. Those in RED are available on the internet

Author	Title	Date	Page	Volume	Numb
Langer, S	Nutritional Dedication to Weight Loss (Weight	1/6/95	8	11	2
Samra, Nicole	Women and Body Image	1/9/95	2	11	3
Cozzi ND, Rita	The Naturopathic Approach to Hypoglycaemia	1/9/95	3	11	3
Plesman, J	Fructose: A Natural Sweetener	1/9/95	7	11	3
Fluhrer, Dr J	Natural Medicine: How to Help Survive Cancer	1/9/95	9	11	3
Abbey, Dr Mavis (CSIRO)	Antioxidants & Cardiovascular Disease	1/9/95	10	11	3
Siebert, Dr B (CSIRO)	Are Chemical Residues in Food a Worry?	1/9/95	10	11	3
Harnett ND, Joanna	Childhood Nutrition	1/12/95	2	11	4
Reading, Dr C & Sulima, J	The Rheumatoid/Schizophrenia Connection	1/12/95	5	11	4
Stokes, J (CSIRO)	Red Meat and Heart Disease	1/12/95	7	11	4
Stokes, J (CSIRO)	Dietary Fibre	1/12/95	7	11	4
Dale, Dr J	Stress and the Immune System	1/3/96	2	12	1
McNaughton BE(NSW),	Plea to Retain the Name Hypoglycemic Health	1/3/96	3	12	1
Millyard BSc, S	Cancer Experts Mix It at 2nd World Congress on	1/3/96	5	12	1
Plesman, J	Polymyositis and Dermatomyositis	1/3/96	7	12	1
Hendler MD, SS	Black Cohosh, Angelica/Dong Quai & Catnip	1/3/96	11	12	1
Salisbury, B.Sc.	Keeping an Eye on your Health	1/6/96	2	12	2
Brighthope, Dr I	Health Net Work of Australia: Formation of a New	1/6/96	3	12	2
Fox, S.I.	Pheromones and female-room-mates	1/6/96	5	12	2
Plesman, J	Herpes Infections	1/6/96	5	12	2
Stokes, J (CSIRO)	Changing Diets	1/6/96	6	12	2
Australian Gen-Etics	The Challenge of New Foods	1/6/96	7	12	2
Plesman, J	Systemic Lupus Erythematosus	1/6/96	8	12	2
Editor	Cumulative Index of all Articles to March 96	1/6/96	10	12	2
Editor	Tribute to Don Pemberton	1/9/96	2	12	3
Cosford, Dr R	Down's Syndrome	1/9/96	3	12	3
Plesman, J	Hypoglycemia and Essential Fatty Acids	1/9/96	7	12	3
Editor	Food Sources of Various Nutrients Mentioned	1/9/96	13	12	3
Fluhrer, Dr J	Oxygen Therapy	1/12/96	3	12	4
Plesman, J	Meniere's Disease: a disorder of the ear	1/12/96	7	12	4
Editor	Your Pet is your Healer	1/12/96	8	12	4
Reading, Dr CM	Advances in Orthomolecular Psychiatry	1/3/97	2	13	1
Plesman, J	New Treatment for Anorexia and Bulimia	1/3/97	8	13	1
Howe, Dr P	High Blood Pressure - The Salt Story	1/3/97	11	13	1
Priest, Anna	The Curious Link between Heavy Metals,	1/3/97	12	13	1
Fluhrer, Dr J	Selenium: An Important Element In Health	1/3/97	13	13	1
Samra, Dr George	CWASQ, What's New in Fatigue Therapy &	1/6/97	2	13	2
Plesman, J	Scleroderma	1/6/97	5	13	2
Editor	Tribute to William Vayda	1/6/97	7	13	2
Editor	Genetically Engineered Soya Beans	1/6/97	7	13	2
Dreostis Dr I (CSIRO)	Antioxidants - Their Role in Cancer	1/6/97	8	13	2
Editor	Health Freedom under Threat	1/6/97	8	13	2
Baden ND, Daniel	What's New in Natural Medicine?	1/9/97	2	13	3
Plesman, J	Skin Cancers	1/9/97	5	13	3
Plastic Surgeon	How to Avoid Plastic Surgery	1/9/97	10	13	3
Plesman, J	Haemorrhoids	1/9/97	11	13	3
Plesman, J	Alcohol and Glucose Metabolism	1/9/97	11	13	3
Stone, Blair PhD, ADN	Natural Healing: Modern Applications of an	1/12/97	2	13	4
Plesman, J	Hypoglycemia and Atherosclerosis	1/12/97	6	13	4
Editor	Recent Research in Clinical Nutrition	1/12/97	12	13	4

Complete List of all Newsletters. Those in RED are available on the internet

Author	Title	Date	Page	Volume	Numb
Editor	Index of articles in the Hypoglycemic Health	1/12/97	13	13	4
Watson, Dr Katrina	The Wholistic Management of Menopause and	1/3/98	2	14	1
Lederer, R	English used by Doctors from Frtacture English	1/3/98	4	14	1
CSIRO	Eat Twice as much Bread!	1/3/98	5	14	1
Editor	Hyperglycemia & Strokes. Attack on	1/3/98	5	14	1
Plesman, J	Supplementary Industry: Introduction to "Rich	1/3/98	5	14	1
Plesman, J	Rich Sources of Nutrients	1/3/98	7	14	1
Brand Miller Et als.	Review: Glycemic Index Re-defined	1/3/98	12	14	1
Donohoe, Dr M	Diagnosing and Managing MCS	1/6/98	2	14	2
Stenlake, R (Pharmacist)	Troches	1/6/98	5	14	2
Samra, Dr George	Hypoglycemia: A Forfotten Disease	1/6/98	6	14	2
Effes, Gee	Violent or Victim?	1/6/98	7	14	2
Plesman, J	Diet for Drug Addiction and Alcoholism	1/6/98	8	14	2
Cosford, Dr Robyn	Hyperinsulinism, Hypoglycaemia, Weight	1/9/98	2	14	3
Fontanarosa Dr PB &	Complementary, Alternative, Unconventional and	1/9/98	7	14	3
Plesman, J	Vanadium as an Aid in Diabetes	1/9/98	8	14	3
Thummel, Cindy	Aspartame (Letter to Editor)	1/9/98	9	14	3
Bridgman, Karen	Food and Cancer	1/9/98	10	14	3
Editor	Herbs to be Avoided in Pregnancy	1/9/98	11	14	3
Editor	Research Snippets: Antioxidants in Diabetes,	1/9/98	11	14	3
Editor	Research Snippets: Frequent meals, Women	1/9/98	12	14	3
Ameisen, Dr Paul	The Art of Breathing in Asthma and other	1/12/98	3	14	4
Editor	Criteria for Writing Articles in Newsletter	1/12/98	5	14	4
Osiecki, H	Intracellular Starvation: A Form of cellular	1/12/98	6	14	4
Editor	Recipes	1/12/98	8	14	4
Plesman, J	Osteogenesis Imperfecta and Juvenile	1/12/98	9	14	4
Hart, Dr John	Preventative Health and Longevity	1/3/99	2	15	1
Brighthope, Dr I	Nutritional Medicine: Its Presence and Power	1/3/99	4	15	1
ACNEM	Medical Courses	1/3/99	10	15	1
Buist, Dr Robert	Post Graduate Course in Clinical Nutrition	1/3/99	11	15	1
Samra, Dr George	Beating Fatigue and Diseases of Aging	1/6/99	2	15	2
Idema, Lars	What is Hypoglycemia?	1/6/99	7	15	2
Stenlake, Richard	DHEA: The Mother of Hormones	1/6/99	8	15	2
Internet	Stevia Liquid concentrate & Stevia leaf beverage	1/6/99	9	15	2
Banks, Yvonne	Nestle Adds Sugar to VITARI	1/6/99	11	15	2
Editor	Hormone-like Pollutants	1/6/99	11	15	2
Research Snippets	Lipoic Acid, Vinegar, Cream Cheese, Magnesium	1/6/99	11	15	2
Lew, Therese	We Need a Happy Liver	1/9/99	2	15	3
Idema, Lars	What is the Right Diet for Hypoglycemia?	1/9/99	5	15	3
Stenlake, Richard	Diabetic Neuropathy	1/9/99	7	15	3
Schultz, DR	Allergy, Intolerance, Sensitivty	1/9/99	8	15	3
American Diabetic Ass'n	Here is the Latest Information on Diabetic	1/9/99	10	15	3
Editor	Research Snippets, Spirulina, Atopic disease	1/9/99	12	15	3
Babs Lamont	How I discovered I had Hypoglycemia	1/12/99	2	15	4
Jennie Burke	The Benefits of Thermography, Clot	1/12/99	3	15	4
Stordy, Jacqueline	Dyslexia, Attention Deficit Disorder, Dyspraxia,	1/12/99	7	15	4
American Diabetic Ass'n	Latests Information on Diabetes Research	1/12/99	9	15	4
Litchfield, Sue	Recipe Corner	1/12/99	11	15	4
Cook, Bev	My Success Story	1/3/00	2	16	1
Fluhrer, Dr Joachim	Migraines and Headaches	1/3/00	3	16	1

Complete List of all Newsletters. Those in RED are available on the internet

Author	Title	Date	Page	Volume	Numb
Ross, Melanie Fridl	Researchers cite possible link between autism,	1/3/00	5	16	1
Reavley, Nicola	Osteoporosis	1/3/00	6	16	1
Plesman, J	Fenugreek Stabilizes Blood Sugar Levels in	1/3/00	9	16	1
Cosford, Dr Robyn	Glyconutrients: Another look at sugars	1/3/00	11	16	1
Litchfield, Sue	Recipe Corner: Apple Crumble, Meringues, Pizza	1/3/00	12	16	1
Oaklands, ME	Success at Last	1/6/00	2	16	2
Samra, Dr George	How to Prevent Diabetes	1/6/00	3	16	2
Plesman, J	Carbohydrates, Hypoglycemia and Obesity	1/6/00	9	16	2
Wright, Barbara	Letter to Editor about Fenugreek	1/6/00	10	16	2
Stenlake, Richard	What is Melatonin?	1/6/00	11	16	2
Plesman, J	Milk Thistle	1/6/00	12	16	2
Sue Litchfield	A Letter from Sue Litchfield	1/9/00	2	16	3
Price, B.Sc, Graham	Coeliac Disease Hidden & Dangerous	1/9/00	3	16	3
Internet	Home Grown Stevia	1/9/00	4	16	3
Plesman, J	Arthritis: Diseases of Bones	1/9/00	5	16	3
Litchfield, Sue	A Sample of a Menu	1/9/00	10	16	3
ICNR	Research Snippets, D-Mannose, Eggsa, ADHA	1/9/00	11	16	3
Litchfield, Sue	Letter from Treasurer	1/12/00	1	16	4
Litchfield, Sue	Recipes	1/12/00	2	16	4
Sharp, Joy	My Story	1/12/00	2	16	4
French, Roger	Understanding Toxaemia - Hidden Havoc	1/12/00	3	16	4
Plesman, J	Nutritional Aspects of DEPRESSION - an Update	1/12/00	6	16	4
Bousfield, Jeanette	A Sucrophilia Sufferer	1/3/01	2	17	1
Baden ND, Daniel	Hepatitis C - A Naturopathic Approach	1/3/01	3	17	1
Rath MD, Matthias &	A Unified Theory of Human Cardiovascular	1/3/01	7	17	1
Caspi D et al (2000)	Adverse Effects of Mini-dose Aspirin on Renal	1/3/01	11	17	1
Head KA (2000)	A Safe Vitamin B3, Inositol Hexaniacinate	1/3/01	11	17	1
Nakaya Y et als (2000)	Taurine Improves Insulin Sensitivity in Type 2	1/3/01	11	17	1
Warning RH et als (2000)	Underlying Biochemistry in Autism: A review	1/3/01	11	17	1
McLeod MN et al (1999)	Chromium may help Depression	1/3/01	12	17	1
Dean, Pamela	My Journey along the Hypoglycemic Trail	1/6/01	2	17	2
Samra, Dr George	Healthy Hearts and Hypoglycemics	1/6/01	3	17	2
Plesman, J	The Nutritional Aspects of Schizophrenia	1/6/01	7	17	2
Rendall, Viv	Nutrition in Schizophrenia	1/9/01	2	17	3
Manocha, Dr Ramesh	Why Meditation?	1/9/01	3	17	3
Gould, Anne Blair	Red Meat, Colon Cancer and Yoghurt	1/9/01	5	17	3
Meadows, Dr Sharon	Addictions	1/9/01	6	17	3
HAI of America	A Diet for Living with Hypoglycemia	1/9/01	8	17	3
Litchfield, Sue	Sue Litchfield Recipes	1/9/01	11	17	3
Samra, Dr George	Testing for Hypoglycemia and How the Doctor can	1/12/01	3	17	4
Plesman, J	The Connection between Depression, Addiction	1/12/01	5	17	4
Sahelian, Ray	Suddenly Stevia: Rediscovering One Sweet Herb	1/12/01	9	17	4
Litchfield, Sue	Sue Litchfield's Recipes	1/12/01	11	17	4
Coeliac Society of NSW	Coeliac Disease	1/3/02	2	18	1
Koeman, Melanie BSsc	Natural Approaches to Infertility and Reproductive	1/3/02	3	18	1
Plesman, J	Treatment of Anxiety, Gambling and Pohobias	1/3/02	6	18	1
ICNR Review	Fibromyalgia: Review of Recent Research	1/3/02	11	18	1
Samra, Dr George	The New Hypoglycemic Connection: Including the	1/6/02	3	18	2
Litchfield, Sue	Recipes and Tips	1/6/02	7	18	2
Appleton, PhD, Nancy	78 Ways Sugar can Ruin your Health	1/6/02	8	18	2

Complete List of all Newsletters. Those in RED are available on the internet

Author	Title	Date	Page	Volume	Numb
Werbach, MR	Chronic Fatigue Syndrome: Nutritional Strategies	1/6/02	10	18	2
Samra, Dr George	The Food and Disease Paradigm	1/9/02	3	18	3
Plesman, J	The Serotonin Connection	1/9/02	6	18	3
Litchfield, S	Growing your Own Herbs and Recipes	1/9/02	8	18	3
Reavley, Nicola	Cystitis	1/9/02	8	18	3
Healthwell Web Site	Treatment of Gout	1/9/02	9	18	3
Hudson, T	Evening Primrose Oil Revisited	1/9/02	10	18	3
Rey, Camille	Tracking a Vision Thief, AMD	1/9/02	11	18	3
Prasad, Rama	Ayurvedic Medicine, Excerpts from Secrets of	1/12/02	3	18	4
Smith, Dr Lendon H	ADHD and ADD: The Hyperactive Child	1/12/02	7	18	4
Plesman, J	Insulin Resistance Syndrome	1/12/02	11	18	4
Jankelson, Dr Jeff	A Simple Guide to Syndrome X in Hypoglycemia	1/3/03	3	19	1
Larsen Dr HR	Omega 3 Oils: The Essential Nutrients from Web	1/3/03	6	19	1
Brown DJ	Gucosamine, Ginger reduce Pain in Osteoarthritis	1/3/03	10	19	1
Editor, Health Science	HSI members Battle Prostate Cancer with Herbal	1/3/03	11	19	1
Plesman, J	Connection between Hypoglycemia & Mental	1/6/03	2	19	2
Samra, Dr George	Nutritional Management of Disorders of the	1/6/03	3	19	2
Rona, Dr Zoltan P	Altered Immunity & The Leaky Gut Syndrome	1/6/03	7	19	2
Brostoff J et als	Autism: A Review	1/6/03	10	19	2
Plesman, J	What is Hypoglycemia II	1/9/03	3	19	3
Plesman, J	Beating Anxiety and Panic Attacks	1/9/03	7	19	3
Samra, Dr George	Dr George Samra's Radio Interview with Larry	1/9/03	9	19	3
Editor	Insulin Receptors in the Brain	1/9/03	10	19	3
Plesman, J	Drug Addiction: Is it a Disease?	1/12/03	2	19	4
French, Roger	Easing the Fear of Cancer: Part I	1/12/03	3	19	4
Chima, Dr Nimma	Pain Management without Drugs Reviewed by Dr	1/3/04	3	20	1
Plesman, J	Q&A's on Mental Illness	1/3/04	4	20	1
Litchfield, Sue	Recipes	1/3/04	7	20	1
French, Roger	Easing the Fear of Cancer: Part II	1/3/04	8	20	1
Editor	Cinnamon for Hypoglycemics	1/8/04	2	20	2
Samra, Dr G	Hormones that Affect Energy and Moods	1/8/04	3	20	2
Editor	Alzheimer's Disease and Hypoglycemia	1/8/04	9	20	2
Litchfield, S	Recipes	1/8/04	10	20	2
Plesman, J	Why Hypoglycemics may prefer Alcohol as Energy	1/8/04	11	20	2
Samra, Dr George	Exercise at any age	1/12/04	3	20	3
Shaffhauser WP	L-Carnitine symposium findings	1/12/04	8	20	3
Gregory, Catherine S	Averting Osteoporosis	1/12/04	9	20	3
Hamer, Ann M	Metabolic Considerations in Psychiatric Disorder	1/12/04	10	20	3
Diamond Ronald J	Medications that can cause Depression	1/12/04	12	20	3
Ameisen, Dr Paul	The Leaky Gut Syndrome	1/4/05	3	21	1
Plesman, J	Depression: a Disease of Energy Production	1/4/05	8	21	1
Hansen Dr Clark (Adv)	Grape Seed Extract - "The Most Potent	1/4/05	9	21	1
Weston, Beverley	With The Fairies (Personal History)	1/4/05	11	21	1
Samra, Dr G	You are What You Eat: Arthritis and Osteoporosis	1/8/05	3	21	2
Ron Rodale MD	Cholesterol is NOT the Cause of Heart Disease	1/8/05	5	21	2
Buckridge, Ron	MEDICATION: Memory Loss Link	1/8/05	7	21	2
Samra, G	Blood Sugar Management in Menopause	1/12/05	3	21	3
Love, Elizabeth	Care for mrs Margaret Goninon	1/12/05	6	21	3
Pitt, Tony	Beating the Impending Attack on the Health	1/12/05	7	21	3
Plesman, J	Is Anger Management a Matter of Changing one's	1/12/05	10	21	3

Complete List of all Newsletters. Those in RED are available on the internet

Author	Title	Date	Page	Volume	Numb
O'Connor, A	The Right Diet	1/4/06	3	22	1
Plesman, J	Depression: A Disease of Energy Production	1/4/06	5	22	1
Buckridge, Ron	Medication, Memeory loss Link Update	1/4/06	9	22	1
Anonymous Writer	Letter from a Visitor of the Web Site	1/4/06	11	22	1
Litchfield, Sue	Diet and Delinquency	1/4/06	11	22	1
Pannowitz, D	An Eastern Mind-Body Model of Wellness and	1/8/06	3	22	2
Anomynous	Letter from a Reader in Canada	1/8/06	4	22	2
Gedye, A	Migraine Treatment: New Hypothesis	1/8/06	5	22	2
Grossmena, W	Butterleaf for Migraine	1/8/06	5	22	2
Litchfield, Sue	Letter from Treasurer	1/8/06	5	22	2
Editor	Hypoglycemia and Traditional Medicine	1/8/06	6	22	2
Plesman, J	Food for Thought	1/8/06	7	22	2
Head, KA	Natural Medcine for Eye Disorders: Cataracts and	1/8/06	9	22	2
Litchfield, Sue	Recipes	1/8/06	10	22	2
Salazar, MR	Alpha Lipoic Acid: A Novel Treatment for	1/8/06	11	22	2
Reading, Dr Chris	Mentally Ill or Metabolically Disadvantaged?	1/12/06	3	22	3
Litchfiled, Sue	Farewell to Jurriaan Plesman	1/4/07	2	23	1
Michell-Paterson, Teresa	Nutrients for the Brain	1/4/07	2	23	1
Priest, Anna	The Relevance of Toxic Metals in Todays World	1/4/07	4	23	1
Buckridge, Ron	New Website for Dementia	1/4/07	7	23	1
Goninon, R G,President	The health and wellbeing of every person...	1/4/07	7	23	1
Litchfield, Sue	Recipes	1/4/07	8	23	1
Hills,ND, BHlth Sc Jane	Essential Fatty Acids: THie role in our Health &	1/8/07	3	23	2
Mallia, Dr jason	Blood types understanding of cancer	1/12/07	3	23	2
Litchfield, Sue	Goji Berries	1/8/07	5	23	2
Samra, Dr George	Hypoglycemic Questionnaire	1/8/07	6	23	2
Samra. R george	Food Allergy Questionnaire	1/8/07	7	23	2
Goninon, Geoff	Eating Plan to Control Severe Hypoglycemia	1/8/07	8	23	2
Litchfield, Sue	Recipes	1/8/07	9	23	2