

natural pathways

Transform your health....nature's way

Newsletter of the Cancer and Natural Therapy Foundation of Australia, September, Spring 2007

The Foundation would like to acknowledge the generous patronage of Bob Jane & Toni Carmine Salerno

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facilitated by *Sandra Taylor-Maqueda*

Part 1

Understanding Stress

- Physiology of Stress
- Stress/Stressors

PART 2

Coping Techniques

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(Passive, Aggressive and Assertive patterns of behaviour)
- The Stress- Prone Personality
- Exercise
- Nutrition
- Body Awareness

Cost: \$180.00 (Members \$150.00)

For registrations:

contact: **Sandra** on 0411 100 947 or 9740 3977

(Mon/Wed/Fri)



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Bob's Pure Spring Water is bottled at the source in the pristine Kiewa Valley region high in the Australian Alps. It has a low mineral content and a crisp, clean taste. This product is certified as an approved product by Biological Farmers of Australia.



NO FLUORIDE

PREMIUM NATURAL SPRING WATER

Bottled at Source

Typical analysis mg/L

Sodium	3
Chloride	2
Calcium	<1
Bi-Carbonate	15
Potassium	<1
Magnesium	<1

Sandra's Letter



As the cold winter days begin to disappear, we look forward to commencing plans for renovations, needed for the new premises that we are expected to occupy by early 2008. The **Hume City Council** has generously offered us larger premises within the same building of the Sunbury Leisure Centre. These

premises will accommodate our various needs for library area, healing sessions, seminar/workshops and administration area. This will make life a lot easier for all our members and volunteers with additional space to move around and carry out our regular activities.

Recently, we received the exciting news of a \$10,000 grant approved by the **Gandel Charitable Trust Fund**. This grant will be used to purchase various equipment to be installed in the new premises. We would like to thank the Hume City Council and Gandel Charitable Fund for their support and assistance in helping us make this transition.

Having had our Annual General Meeting recently, I would like to congratulate all our Board members who were re elected and thank them for their past 12 months contribution. I would like to make a special mention of our past board member, **Karen Dickfos**, who recently underwent an operation and wish her a speedy recovery, hoping that at some stage in the future she can re join us when she is once again feeling strong and well. Whilst we received no new nominations, an opportunity exists for anyone who may be interested in being co opted to help with decision-making or fundraising. Thank you to Inna Segal, our guest speaker for her inspiring story that she shared with us at the Annual General Meeting.

Sadly, on 4th July this year we lost a longstanding member, **Raul Morton** who was very dear to us. His presence is deeply missed by all those who attend the Health Awareness Support Group on both Tuesday nights and Thursday mornings. Raul looked forward to his support group every week and was much loved by us all. We express our sincerest condolences to his wife Jeanette, Jenny Howe and Brett Morton and their families. The Foundation is grateful for the funeral donations.

Sandra Taylor-Maqueda

Coming Seminar

Aromatherapy for Children, Mental Health and Relaxation

Sat. 17th November 1.30-3.00pm

**at Sunbury Leisure Centre
531 Elizabeth Dve**

Our final seminar for this year will be held in November and delivered by Angela Elliott. Angela completed a Diploma in Aromatherapy in 1992 and is currently working as an Aromatherapist / Massage therapist at the Abbotsford Convent. She also teaches Aromatherapy at ACNM (Australian College of Natural Medicine) in the city and is a Div 1 Registered nurse. She is married with three children.

In this seminar, Angela will introduce you to the art and practice of aromatherapy, its uses and benefits specifically to assist with children, and promoting mental health and relaxation. You will discover the 'Magic of Essential Oils', and its various therapeutic properties.

When aromatic vapours are inhaled they can influence areas of the brain inaccessible to conscious control. We will look at how essential oils can enhance our lives, practical use at home and the safe use with children. We will also look at how the oils affect our moods, emotions and responses and how we can use them to increase harmony and balance in our lives. In particular Angela will discuss the psychotherapeutic effect of essential oils on conditions such as stress, anxiety and depression and the links with our immune system.

Everyone welcome.

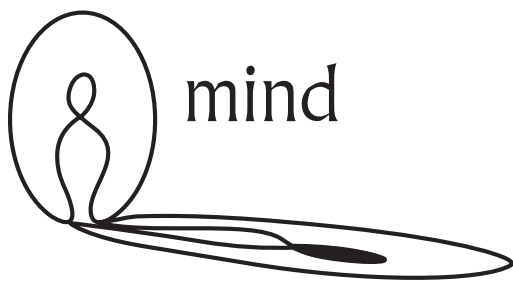
Cost: \$8.00

For registration and booking, contact the centre on 9740 3977 (Mon/Wed/Fri)

Thank you

Jan Carroll

*For the beautifully hand knitted scarves donated to the
Cancer and Natural Therapy Foundation
for fundraising*



mind

Heal Thyself, and so, shall others heal



It may seem incomprehensible, and perhaps even unreal to think that a person should think that by healing himself he could heal others? More so, how could even the best master cure the criminally insane? As absurd as this may sound, is it possible that we create and manifest in our world that part of us that needs healing? After all, we are all interconnected and a part of the 'whole'.

The science of quantum physics establishes that physical matter can be affected at a distance- that through the intent and the energy we generate around us, we can influence our reality and those around us.

Using a Hawaiian healing process, called ho'oponopono, Dr Ihaleakala Hew Len has healed 'criminally insane' inmates described as the most 'dangerous' due to their frequent violent outbursts. Psychologists quit on a monthly basis and staff would either call in sick on a regular basis or eventually quit. People would walk through the ward with their backs against the wall, afraid of being attacked by the patients. It was not a pleasant place to live, work or visit.

Ihaleakala worked in the Hawaii State ward for the 'criminally insane' for four years. In an interview with Joe Vitale he explains that he never saw his patients. Whilst in his office, he would review the inmates' files and work on himself. He found that as he worked on himself, patients began to heal. He says, that he would only go into the ward to check the results; "If they still looked depressed, then I'd work on myself some more". He says, "I just keep saying, I'm sorry and I love you over and over again"- That's it.

After a few months, patients that had been shackled were allowed to walk freely. Others, who had been heavily medicated, were now coming off their medication. Furthermore, those who had been considered never to be released were now being set free. A sudden change of staff behaviour was observed; staff

began to enjoy coming to work, absenteeism and staff turnover ceased. The result was that the ward ended up with more staff that was needed, because patients were being released and staff was turning up for work. Today, that ward is closed.

Ihaleakala belief is that by taking total responsibility for what happens in your life, and adopting the correct 'mind set' through the ho'oponopono process, we can help bring about changes in the people we encounter in our life. Simply put, Ho'oponopono means, "to make right," or "to rectify an error." According to the ancient Hawaiians, error arises from thoughts that are tainted by painful memories from the past. Ho'oponopono offers a way to release the energy of these painful thoughts, or errors, which cause imbalance and disease.

The three part system that is taught by Ihaleakala comprises of the different states of consciousness: the Unihipili (child/subconscious), Uhane (mother/conscious), and the Aumakua (father/superconscious). When this "inner family" is in alignment, a person is said to be in rhythm with the Divinity.

Ihaleakala teaches that the best way to bring healing to every part of one's life and to the entire universe is to take 100% responsibility and work on yourself. Along with this, comes the wisdom of total self-care. As Ihaleakala said in a thank-you note after an interview, "You take good care of yourself. If you do, all will be beneficiaries."

According to Ihaleakala "all therapy is a form of manipulation." Manipulation happens when I (as a therapist) comes from the idea that you are ill and I am going to work on you. On the other hand, it's not manipulation if I realize that you are coming to me to give me a chance to look at what's going on in me. There's a big difference. If therapy is about your belief that you're there to save the other person, heal the other person, or direct the other person, then the information you bring will come out of the intellect, the conscious mind. But the intellect has no real understanding of problems and how to approach them. It doesn't realize that when a problem is solved by transmutation by using Ho'oponopono or related processes then the problem and everything related to it is solved, even at microscopic levels and back to the beginning of time. If you want to solve a problem, no matter what kind of problem, work on yourself. If the problem is with another person, for example, just ask yourself, "What's going on in me that's causing this person to bug me?" People only show up in your life to bug you! If you know that, you can elevate any situation to a super conscious level and allow for release. It's simple: "I'm sorry for whatever's going on. Please forgive me."

According to Ihaleakala You don't have to understand the problem to transmute it, since we are using the super conscious mind to dissolve it. Ihaleakala likens this to the Internet; when we don't understand something, we go to the internet. In this case, we just go to the Divinity and say, "Can we download?" And so, Divinity downloads, and then you get the necessary information. But because we don't know who we are, we never download direct from the Light. We go outside looking for answers.

To do Ho'oponopono, you don't have to know what the problem or error is. All you have to do is notice any problem you are experiencing physically, mentally, emotionally, whatever. Once

you notice, your responsibility is to immediately begin to clear, to say, "I'm sorry. Please forgive me."

An interviewer, Joe Vitale, decided to put into practice, Ihaleakala's method after he received an upsetting email by someone. In the past, he says that he would have handled it by working on his hot buttons or trying to reason with the person who sent the nasty message. This time, I kept silently saying, "I'm sorry and I love you. I didn't say it to anyone in particular. I was simply evoking the spirit of love to heal within me what was creating my outer circumstances. Within an hour, I received an email from the same person, apologizing for his previous message".

It is important to note, that Joe had not taken any steps to obtain this apology. He figured out, that by loving oneself, and evoking the spirit within him, he had been able to change what was being reflected back to him. Suffice to say that whenever you want to improve anything in your life, there's only one place to look: inside you. However, when you look, you must do it with love.

As Morrnah used to say, "It's an inside job." If you want to be successful, it's an inside job. Work on yourself!

For the ancient Hawaiians, all problems begin as thought. But having a thought is not the problem. The problem is that all our thoughts are imbued with painful memories, memories of persons, places, or things. The intellect working alone can't solve these problems, because the intellect only manages. Managing things is no way to solve problems. You want to let them go! When you do Ho'oponopono, what happens is that the Divinity takes the painful thought and neutralizes or purifies it. You don't purify the person, place, or thing. You neutralize the energy you associate with that person, place, or thing. So the first stage of Ho'oponopono is the purification of that energy. When this happens, that energy is neutralized and then released, so there's a brand new slate. Buddhists call it the Void. The final step is that you allow the Divinity to come in and fill the void with light.

Dr. Ihaleakala S. Hew Len is the president and administrator of The Foundation of I, Inc. (Freedom of the Cosmos), an organization founded by Morrnah.

Together with the late Morrnah Nalamaku Simeona, a native Hawaiian kahuna ("keeper of the secret"), Dr Len has worked with thousands of people over the years including groups at the United Nations, UNESCO (United Nations Educational, Scientific and Cultural Organization), International Human Unity Conference on World Peace, World Peace Conference, Traditional Indian Medicine Conference, Healers for Peace in Europe, and the Hawaii State Teachers Association. He also has extensive experience working with developmentally disabled people and with the criminally mentally ill and their families. In all his work as an educator, the Ho'oponopono process supports and permeates every breath of his efforts.

References: *100% Responsibility and the Promise of a Hot Fudge Sundae-An interview with Ihaleakala Hew Len by Cat Saunders*

My Recovery from Cancer

An Approach of Positive Attitude, Humour and Nutritional Therapy

By Cr Jack Ogilvie, Board Member of the Cancer and Natural Therapy Foundation

I had'nt given much thought to the meaning of my life and the lifestyle that I had been living, until February 1986 when I was diagnosed with 'poorly differentiated squoma (from the skin) cell cancer' -a form of melanoma that had penetrated one of the glands. This was the beginning of a new chapter in my life and culmination of many changes that helped me conquer cancer with a new outlook to life. Sound nutrition, fitness and positive attitude were factors that I consider to have been fundamental to my remarkable recovery from cancer, as well as, establishing a 'purpose to live'.

Up till the time of my diagnosis, there were aspects of my life that were characterized by 'excessiveness'- too much smoking, drinking, pizzas and pies! It was obvious to me that I needed to make adjustments to various areas of my life, and I knew that this could only happen if I was willing to make the changes that were necessary to regain my health. When I look back, I know that my poor 'living habits' were not the only factors that had affected my health; the high level of stress associated with the fear of losing our daughter, Shelly' of 12 months of age, after a diagnosis of Q T Syndrome, was possibly a trigger to my cancer, which I later realized.

My diagnosis of cancer followed after finding a pea size nodule in my neck that had been rapidly growing over a period of a couple of months. It was this that prompted me to visit my family doctor, who then referred me to the 'throat and nose specialist'. After examination the specialist recommended surgery, and I was later admitted to hospital to have the lump removed. After surgery, I was reassured that they had removed the cancer and not to worry. However, this was not to be the case; a week later, my pathology results revealed I had an aggressive type of cancer, necessitating radical surgery- hence, the removal of my voice box. I was then scheduled to have surgery and taken to the pre-med room, where I was expected to wake up after surgery. But to my surprise, after waking up, I found that I had been spared my voice box, and I could still talk. I didn't know if that was good or bad at the time. The humane nature of the specialist, lead him to the conclusion that it was best not to proceed with surgery, since he believed I had possibly only 6 months to live. Looking back, I'm certainly pleased they didn't remove my 'voice box', since I love to talk, and being a local politician, I do believe my 'voice box' is an important asset.

Since my condition was so bad, doctors could not offer me anything else, other than a 6 week course of daily radiation treatment. By this time I had spotting in the liver, and I had secondaries throughout my body.

It was at this point, that I realized the seriousness of my condition, which prompted me to explore alternative therapies and take a leading role in my health. . At the time, access to information and literature on alternative therapies was scarce and generally unavailable, apart from what people heard about, and the odd magazine that I subscribed to, called 'Grass Roots'. More so, doctors were very 'closed', and there was no 'support group' or anyone to speak to about alternative therapies. I knew that I had to get myself better, and no one else could do it for me. I began reading whatever books I could get my hands on in respect to cancer, and learn't how to best detoxify my body. But more importantly, it was the realization that I wanted to be here to see my young children grow up - the strong 'will to live' emerged within me as a sudden revelation.

One morning, I rose early and walked bare foot and I sat beneath our big tree in our back yard. I found myself talking to God and bargaining with Him; I promised that if he would help me get better, I would help others in the community. At the time, I was President of Apex, and running for position of District Govenor which I eventually attained. I was active in the community, and enjoying my involvement.

The type of healing modality that I applied combined 'detoxification and nutritional therapy' as well as, a positive outlook on my disease. The whole time I was on radiation treatment, I was on a juice diet. I drank dark grape juice, ate apricot kernels and took massive doses of anti oxidants 91,000 GMS0 I also grew my own wheat grass and ate bucket loads of organic broccoli per week- I loved broccoli and still do. I had regular hot baths, believing that sweating it out, would help me detoxify. I also walked regularly, and maintained a good fitness level. I knew that if this was what was needed to make my body better, then I knew that I could conquer cancer.

After the completion of radiation treatment, I was ecstatic to rediscover my taste buds, which I had lost with radiation- I could now taste a banana finally. After about three months on the Gerson therapy, I changed to the Pritikin diet, because at that stage I believed I was already cured. By this time the spots on my liver had disappeared

Despite the severe radiation treatment, I coped nevertheless, reasonably well with the help of a highly nutritious diet, effective detoxification and sustained 'sense of humor'. Apart from the burns, I felt well; my energy level was good, and I was making a point of enjoying my life, laughing and playing pranks on nursing staff. This somehow, helped me

to cope, more effectively than others, who I noticed were struggling with the radiation treatment they were receiving from only one machine, let alone two, like myself.

When I reflect back, stress factors associated with my poor diet, and chronic anxiety over the ill health of my daughter, I suppose was not a good combination. Furthermore, my occupation as a painter had exposed me to various chemicals, which most probably had caused a 'build up' of toxins in my body.

Despite the unpleasant effects of radiation treatment, I was conscious of maintaining a positive approach to my life without getting too caught up with other cancer patient's demise. It had become important to me not to compare myself with other cancer patients and participate in their dramas. I guess, one could say, I was a little selfish, but as far as I was concerned, I wasn't going to let others get me down. Whilst the initial news had somewhat come to me as of a shock, at no given time, did it enter my mind that I would die. I made a point not to dwell on my disease and let it depress me; I focused on the different things I wanted to achieve, and had to look forward to.

With the love and support of my wife Lesley, I was able to overcome my cancer.

I was able to make the changes that were necessary for my full recovery and healing. Whilst I continued to have regular scans and blood tests for some time after treatment, all results showed I was clear of cancer. Doctors were baffled to find that the spotting had disappeared and there were no secondaries. I was told if I could pass 7 years, then I would be considered to be cured. After 10 years, I received a letter from one of the Universities, requesting permission to use my medical file case for studying. It has been now, over 20 years since my diagnosis, and the disappearance of my cancer, still remains a mystery.

*Health Awareness
Support Group*

*-promoting well-being and self healing
every
Tuesday night (7.30pm)&Thursdays(10.00am)
at the Cancer and Natural Therapy Foundation,
Sunbury Leisure Centre (531 Elizabeth Drive)*

*Meditation
Reiki Healing
General Discussion*

*Cost : \$ 5.00 Members Non-Members \$ 10.00
All enquiries to Sandra Taylor-Maqueda on ph 9740 3977
(Mon/Wed/Fri) or mob 0411 100 947*



Colloidal Silver

*-an Natural Alternative to
Anti-biotics*

Colloidal silver is a natural antibiotic, anti-fungal, anti-bacterial known to kill 650 species of fungus, mould and bacteria. Colloidal Silver, when manufactured properly, is comprised of submicroscopic silver particles (99.9% pure) electrically charged in a liquid suspension of demineralized water commonly to a concentration of 5-6 ppm (parts per million).

Colloidal Silver is **non-toxic and non-habit forming**. It is recommended for **both adults and children** as an **anti-bacterial** to help keep colds/flu away, as an anti-fungal to assist in destroying yeast infections and athlete's foot, etc. and to heal skin lesions and burns (including those occurring from chemotherapy).

Comparison to Medical Antibiotics

Disease organisms can become resistant to regular antibiotics, triggering dangerous super-infections. Conventional antibiotics are industrially developed from toxins manufactured by other bacteria for their own defenses- a prime example, penicillin. The disease organisms do not respond to the cultivated toxin as quickly as the colloidal silver. Colloidal silver is claimed to work relatively fast- mostly within 6 minutes or less.

Unlike colloidal silver, conventional antibiotics are unable to form a resistance to bacterium, generally known as Super Bugs. Common antibiotics are only capable of killing a mere few strains of bacteria whilst colloidal silver, is reportedly known to kill not only the bacteria and funguses, but also all forms of viruses, a feat that no man-made antibiotic has managed to supersede its effects.

With new strains of viruses arising each year, new antibiotics must be developed. For this reason, medications are often changed in an effort to find one that will "work". A drawback in the use of antibiotics is that they will destroy a variety of the body's essential enzymes and healthy bacteria, causing a decline in the immune system, which is the reason why people often relapse with a further infection after a course of antibiotics. Whilst, liver and kidneys can be harmed by antibiotics. Colloidal Silver on the other hand, does not disable or harm the many different human body enzymes.

History of Colloidal Silver

Silver has been used as a medicine and preservative by many cultures throughout history.

Silver is a powerful antibiotic that has been used for thousands of years with no harmful side effects ever been observed when correctly constituted and applied. Great Grandmother put a silver dollar in the milk to keep it from spoiling as it sat in the back porch in the summertime. Pioneers trekking across the wild west faced many hardships. Keeping safe drinking water was one of them. Bacteria, algae, etc. found a fertile breeding ground in the wooden water casks that were carried on the wagons. They placed silver and copper coins in the casks to retard the growth of these spoilage organisms. It was observed that the aristocratic families who ate from fine silverware rarely became sick and contracted infections.

Also, it was well known that the ancient Greeks knew of the medicinal properties of silver. They used silver vessels for water and other liquids to keep them fresh. This knowledge was common amongst the emperors, kings, sultans and their families and friends of their royal courts. They ate from silver plates, drank silver cups, used silver utensils and stored their food in silver containers. As a result of this, silver was ever so slightly rubbed off and mixed with foods- just sufficiently to produce a therapeutic effect. After a generation or two, they received the full benefit from the silver particles which found their way back into the body of these people. These royals became known as the "Blue Bloods" because their skin had a bluish tint due to the accumulation of small traces of pure metallic silver.

There are true bloods yet today. Many of the world leaders, presidents and prime ministers, their families and advisors use daily colloidal silver. Sadly, for the common person who eats from earthenware dishes, metal utensils, teflon pans and uses plastic storage containers, our health is not as good as it could be. Pure silverware today is very difficult to find in the market. (*The Lancet dated Dec. 12 1914*).

Common in America prior to 1938

Colloidal Silver was common from the late 1800's until 1938. It was prescribed for a great variety of diseases and infections. There were no antibiotics available and colloidal silver was used for just about everything. However, like antibiotics of today, it was made expensive to buy.

With the discovery of antibiotics, interest in Silver as an anti-microbial medicine declined. There were at that time no antibiotic resistant strains of disease organisms and there was a lot of excitement over the new wonder drugs. There were also problems with silver based pharmaceuticals. The overuse of certain types of protein bound silver compounds caused a discoloration of the skin called argyria and the therapeutic results were variable depending on the age and quality of the preparation.

Due to a recent breakthrough in the modernization of the original formula (pre-1938) a more concentrated product is available at a tremendous saving in cost.

How does Colloidal Silver Work?

The chemical nature of silver is such that inside the body it behaves in a non-toxic way. Colloidal silver simply does not react with anything in the body except with a germ oxygen metabolizing enzyme. Other than this, it does not enter into a reaction, but acts catalytically by disabling the particular enzyme (described as the chemical lung), as it transfers oxygen and nutrients through the cell walls of the disease causing organism. The organism suffocates, by the mere proximity of the silver, whilst not affecting the enzymes of the tissue type cells.

Does it Work Against Cancer?

Some type of cancers is reported to be caused by a virus. Upon the virus invading the body tissue cell, it will take over the cells reproductive chemical 'factory' thereby forcing the cell to replicate the virus instead. In some cases, colloidal silver can be effective in destroying the cancerous cells.

Recommendations for Skin Problems

Colloidal Silver can be applied directly on open wounds and sores to eliminate surface infections, and does not sting. This application is also good for the removal of warts.

Acne: In addition to omitting sugars, fats and chocolate from the diet, any person with acne should wash and rinse their face thoroughly 4 times per day, and after each rinsing, use a small amount of colloidal silver and massage into the problem areas two or three times daily with a moist cotton wool or tissue.

Cuts and Abrasions: Apply directly to the open wound in conjunction with medical dressing, or on its own.

Eczema and Skin Rash: Dab directly into the affected area, rubbing slightly. Repeat often, and bandage lightly, if desired, keeping the bandage moist with a few drops of colloidal silver. Change bandage daily.

Warts: cover the wart with a small adhesive bandage saturated with a few drops of colloidal silver. Keep bandage moist. The wart should disappear within a few days.

Parasitic infections: Parasites are being recognised more and more as a cause of failing health. Hulda Clark, Ph.D., N.D., author of "The Cure for All Cancers" and "The Cure for HIV and AIDS", tells us that neither cancer nor HIV can exist without parasites and that if we eliminate the parasites, the disease will be gone. Health Consciousness, Vol. 15, No. 4 says: "Parasites are also killed [by colloidal silver], as they have an egg-stage in their reproductive cycle, which is one celled and therefore killed in six minutes or less." In as much as there are many kinds of parasites, this may be inconclusive. However, tests have

shown that mosquito larva are effectively killed by colloidal silver. It should be remembered that to rid oneself of parasites by killing the eggs or larvae means that one must continue the treatment until all of the adults die, probably of old age.

Healing Crisis: This is a condition whereby the colloidal silver is killing the pathogens very rapidly. The body's five eliminatory systems, the kidney, liver, skin, bowel and lungs may become temporarily overloaded. One may feel as though he or she has the flu. It is recommended to continue the regimen and drink plenty of water, with five to six grams of vitamin C, ensuring sufficient bowel movement.

Applications

Colloidal Silver **may be used externally** for acne, rashes, athlete's foot, boils, burns, bruises, insect bites, and muscle aches; and **internally** - a drop or two in the nose for sinus conditions and in the ears will take away itchiness and help ear infection or taken under the tongue, it's effect sometimes seems instantaneous and sore throats and colds have been said to disappear in hours.

Colloidal Silver also helps to neutralize an acidic system allowing more oxygen to enter and "bad" bacteria evidentially hate oxygen.

Treatment for Parasites

The above may be an impressive array of nasty viruses and diseases, but they are but a few that form a much larger group. Colloidal silver can also be applied directly to open wounds and sores to eliminate infection. It does not sting or burn when applied. Other antiseptics sting when applied to a wound because they are killing the surrounding wall tissue cells, as well as attempting to kill the germs. Colloidal silver will not harm the surrounding cells or tissue. On open wounds, colloidal silver may be used as the only medication or, in conjunction with other medication. Just sprinkle the colloidal silver over the affected area and bandage.

Health Wave

Colloidal Silver

High Potency 500ppm

Available from the Cancer and Natural Therapy
Foundation for \$28.00 (\$25.00 Non-members)
Mon/Wed/Fri. Contact: 9740 3977

Established uses for Colloidal Silver

Acne, AIDS, allergies, appendicitis, arthritis and athletes foot, bladder infection, blood parasites, blood poisoning, boils, bubonic plagues and burns; cancer, candida, canine

parvovirus, chilblains, cholera, colitis, conjunctivitis and cystitis; dandruff dermatitis, diabetes and dysentery; eczema and encephalitis; fibrositis; gastritis and gonorrhoea; hayfever and herpes; impetigo and indigestion; keratitis, leprosy, leukemia, lupus, lymphangitis and lyme disease; malaria and meningitis.

Also, neurasthenia; parasitic infection, pleurisy, pneumonia, prostate infection, cellulitis, pruritis ani, psoriasis and purulent ophthalmia; rheumatism, ringworm, scarlet fever, septic conditions, shingles, staph and strep infections, thrush, thyroid infections, tonsillitis, toxemia, trachoma, tuberculosis, ulcerated stomach and whooping cough.

Description and Storage

It is tasteless and colourless, and must be stored in a dark coloured bottle. (If your supply is stored in a plastic container, be very cautious. The plastic may leach into the mixture contaminating it and making it potentially harmful.)

Toxicity

The issue of toxicity is of major importance and it needs to be understood by everyone using colloidal silver. It is always highly recommended that you research the quality of the product before use. Depending on the different silver preparations, there can be a risk of toxicity. Whilst some can be true colloids of silver, others may be found to be colloids of silver salts or other compounds of silver. There are many that are silver proteinates, and some cannot be legitimately called colloids. The actual silver content also can vary widely, with some products containing 30% silver by weight.

The effectiveness of the silver sol or suspension, as antibacterials, depended on the composition of the product, the initial quality of the product and the time elapsed since manufacture. Consequently, there can be wide variation in their effectiveness and safety.

It appears when using the correct silver preparation, that there are no toxic and harmful effects to the body, provided that one does not overdose. Claims about toxicity are based on a research study on dogs in which the dogs were deliberately killed by extremely large lethal doses of silver in order to enable the investigators to study silver toxicity. At the doses given any heavy metal and probably many essential minerals like zinc, iron, copper, etc. would have produced death in a similar fashion.

Critics also say that there is risk of developing a condition called argyria in which excess silver is deposited in the skin and tissues causing discoloration and possibly other harm. This is possible and those who use colloidal silver need to be aware of it.

Anti perspirants

-friend or foe

Most people are repulsed by the thought of perspiration, considering it to be a sign of poor hygiene, and are therefore quite content for this body function to be suppressed. Little do they know that “perspiration” is a natural and normal body function that should be encouraged and not suppressed, since this is a natural way of the body eliminating toxins, which otherwise could remain deposited in the lymph nodes causing possible cell mutations.

Most of the products today are not only “perspirant inhibitors”, but are also loaded with harmful chemicals, which add to the toxicity levels in the body. The human body has a few areas that it uses to purge toxins from the body. Behind the ears and knees, groin areas and armpits. When the body perspires, it purges the toxins from these areas. Should perspiration be inhibited, the toxins are then deposited in the lymph nodes located below the armpits. It has been found that nearly all breast cancer tumours occur in the upper outside quadrant of the breast area. This is precisely where the lymph nodes are located.

The question has often been asked, “*Why don't men get breast cancer?*” The response to this question has been that men are less likely to develop breast cancer prompted by antiperspirant usage because most of the anti perspirant is caught in the hair and is not directly applied to the skin. Women who apply anti perspirant right after shaving increase the risk further because shaving causes almost imperceptible nicks in the skin, which give the chemicals entrance into the body from the armpit.

EON DEODORANT CRYSTAL

- NATURAL CRYSTAL DEODORANT
- NO CHEMICAL ADDITIVES
- LONG LIFE, measured in years
- When applied under arms, stops bacteria forming which creates odour rather than providing a chemical barrier to stop the bacteria coming through
- NO STAINING on blouses or shirts
- Useful for foot dour if using runners
- If the user shaves legs and/or face or cuts skin, can be applied to stop bleeding
- To extend the life beyond two years, don't dry under arms after shower, and apply with wet fingers to the top of the stick. Then rub under each arm.

Cost: \$16.00 (Members)
\$18.00 (Non Members)

St John's Wort & Basil Oil Scalp Massage

St John's wort is often used on burns, since it has properties that help regenerate damaged nerves. It is also recommended for stimulating hair growth for people whose hair has been affected by radiation treatments, pulling or other damage to the scalp. Basil also encourages hair growth.

Make this oil midsummer, when plants are in bloom - it is the flowers that hold the healing powers. The yellow flower and the leaves will turn the oil red. You may also purchase ready-made oil at a health food store.

Ingredients

- 2 cups (500ml) fresh St John's Wort
 - 1 cup (250ml) fresh basil
 - 3 cups (750 ml) olive oil
 - 10 drops vitamin E oil
 - 5 drops basil essential oil
- Yields 12 applications

Method

1. Gather the St John's wort in mid-morning when top of plant is flowering. Gather the basil before it flowers.
2. Spread the herbs on paper towels and allow to wilt overnight.
3. Stuff the wilted herbs into a large glass jar, packing it as full as possible.
4. Pour the olive oil over the herbs, gilling the jar to within 1cm of the top.
5. Use a chopstick to poke the herbs and release any captures air or gases.
6. Top off oil as necessary and screw lid onto the jar.
7. Store the oil in a dark, cool spot.
8. Repeat steps 5, 6 and 7 daily for 6 days.
9. Let sit for another 6 days - on the 7th day again repeat steps 5, 6 and 7.
10. Again let sit for the next 6 days, then on the 7th repeat steps 5, 6 and 7 again.
11. Let sit for the following 6 days, then strain the herbal material out of the oil and discard it, preserving your oil.
12. Add the vitamin E and basil essential oil to the St John's wort and basil mixture, then store in an amber bottle.

To Use

1. Pour 2 tablespoons (30ml) into a small dish.
2. Dip your fingertips (not nails) into bowl.
3. Gently massage the oil all over your scalp, working in a circular motion.
4. Allow the oil to stay on the scalp for at least 1/2 hour, then shampoo as you normally would.
5. Repeat several times per week or as desired.



The Higher Self

Beyond the physical body and the personality that we identify with, is your true self which descended from the spheres of light-your true home-to manifest on earth.

The Higher Self is composed of very fine ether and is pulsating with light, which as you develop will begin to shine through the chakras in the etheric body, the 'windows of your soul'. When this Divine energy is brought into full operation so that all the chakras are active as God intended, then the whole body will be in a state of ascension. Although, still of a physical nature, the body will begin to function on a much higher plane of consciousness than it is at present, as one becomes aware of the necessity for self-discipline and careful preparation of the finer bodies.

Man in his ignorance is all the time dissipating the Divine fire within him through his own desires and passions, his uncontrollable emotion. Every time you give way to passion and anger, you dissipate the holy fire; every time emotions are controlled and transmuted to the warmth of love, you build the light within you. You are using the divine fire to illumine your own soul, to beautify the world about you and to glorify God.

Develop from the heart, meditate on love, live love, absorb love, give love and your soul will become alight. This loving energy will help the sick to be healed, comfort the bereaved, bless the sorrowful, beautify everything you touch and bring peace and happiness to your life.

The Higher Self lies beyond earthly thought; it does not usually function through your mind except when the inspiration comes for you to act in accordance with the Laws of Christ. The Higher Self is not contacted through the mind, but through the heart and quality of love.

All men can be servers, consolers or healers. Jesus in his simple ministry told the people to seek God. 'The Father and I are one'. This is the source of healing power, when you are infused with the holy light, the divine fire, through walking closely with God, the healing power pours from you. It is the power of God that works through you that accomplishes this. This is important because God works as He wills, and not as you will. This divine will works through you when you surrender yourself to it.

The star with six points is the symbol of man made perfect. When you have an injury, think of the injured or 'diseased part' with thoughts of love. Lay your right hand on the painful area and think of it in terms of love-love, not pity.

Healing light will pour from your hands.

If we think of the suffering in the world with compassion, as we imagine Jesus thought of it, we can send forth the light like the great star. The projection of the light of the star to heal mankind should be a quiet radiation from within. The I AM, the Christ within your heart, is the star; the flame. I AM the star; the light of eternal fires radiates through me and IS the star. The star, as it radiates from your heart, calls to and stimulates the light and love within the heart of those upon whom you are concentrating.

And now using your imagination, imagine you are looking into the centre of the star which is the symbol of the Christ-man. As you gaze on it, concentrating on the love and healing light which it represents, you feel yourself being drawn into the star, you become part of it; and you are not only being healed yourself, but you are pouring out healing rays from its heart to the whole world.

Heal Thyself- The Way to Healing Through Spirit, by White Eagle

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Welcome New Members

Rosa Mezzatesta (Sunbury);
George Bowles (Sunbury);
Marina Lukac,(Sunbury);
Sally & Lawrence Jordan (Sunbury);
Kerry James (Sunbury)
Luise Breier (Mooroolbark);
Joanne Carroll (Sunbury);
Sandra Ang (Sunbury);
Hemma Somlo (QLD);
Julie Bootle (Diggers Rest);
Henk Brouwer (Maroubra NSW);
Jenny Ford (Riddells Creek);
Dr. Lorna Hargreaves (Sunbury)

Special Thanks

to
Merima Jackson for running
The Twin Hearts Meditation
course in a voluntary capacity
for the Cancer Natural Therapy Foundation.

The Other Side of Blue

RRP \$24.95



At some point we all face tragedy, misfortune or hardship. That is why stories of people overcoming adversity can be so powerful. They demonstrate triumphs of the human spirit in the face of obstacles.

The Other Side of Blue is an anthology of twenty stories, from Australians mainly in their 20s and 30s, that provide hope for those struggling with tough issues in their lives. The contributions span many daunting and complex challenges: from surviving childhood sexual abuse, to family breakdowns, 'coming out', domestic violence, depression, recovery from severe injury and coping with the death of a loved one.

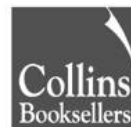
As many of these stories demonstrate, adversity in the midst of vulnerability provides the impetus for courage, personal determination and new insights.

The Other Side of Blue is edited by Melbourne youth services co-ordinator
Michael Colling.

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Reiki practitioner

Patient dies Gene therapy study stops

The Age: July 27, 2007 - 10:20AM

The US government has suspended a gene therapy study, after the death of a patient this week

The safety of another 28 studies around the country is being reviewed.

The Food and Drug Administration did not reveal the cause of death or details about the patient, who had enrolled in a study of gene therapy for advanced arthritis

The agency said it was investigating whether therapy had a role in the death, which occurred on Tuesday.

It marks the third blow since 1999 to the field of gene therapy, as scientists struggle to determine if the viruses they use to deliver new genes may themselves cause serious trouble.

Another 28 gene therapy studies have been reported to the FDA that used, or are using, the same virus, called adeno-associated virus or AAV.

The FDA said it was not aware of serious side effects in any of those studies, but as a precaution officials were reviewing all the ones still actively treating patients.

Targeted Genetics Corp, of the Western state of Washington, notified the FDA of the patient's illness and subsequent death.

The company had enrolled more than 100 people in the study without similar problems, but this patient became ill after a second injection of the therapy directly into an arthritic joint, the FDA said.

The therapy uses AAV to deliver a gene that in turn blocks tumour necrosis factor, a substance that fuels the joint inflammation behind crippling forms of arthritis.

Drugs that block TNF already are widely used to treat rheumatoid arthritis and other conditions, but a gene therapy approach is novel.

"We are deeply saddened by the death of an individual enrolled in our clinical trial," company president H Stewart Parker said in a statement.

The company did not immediately return a phone call seeking comment.

In 1999, 18-year-old Jesse Gelsinger died in his fourth day of a gene therapy experiment at the University of Pennsylvania. Gelsinger had suffered from an inherited disorder that blocks the body from properly processing nitrogen. The FDA concluded that the gene therapy injection intended to cure him instead killed him.

That gene therapy attempt used a cousin to AAV, called adenovirus, to deliver the needed gene.

The only disease ever to be cured with gene therapy is "bubble boy disease", an immune disorder formally called severe combined immunodeficiency, or SCID. But gene therapy attempts are restricted to SCID patients who have no alternative, after doctors in 2003 discovered a few babies saved by gene therapy went on to develop cancer - again, linked to the virus used to deliver the genes.

Reflecting how seriously regulators take this latest death, the National Institutes of Health's advisory committee on gene therapy will meet in September to discuss its potential scientific implications.

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Rough trot now just a memory

Adam Hamilton

CHRIS Lang still remembers the dark days.

Those horrific two years were at the start of this decade when he was in so much pain he couldn't dress himself and sleeping meant trying to get comfortable in an armchair because lying down was torture.

Then came the lowest point of all. When Lang's doctor told him he had viral rheumatoid arthritis and to prepare for life in a wheelchair.

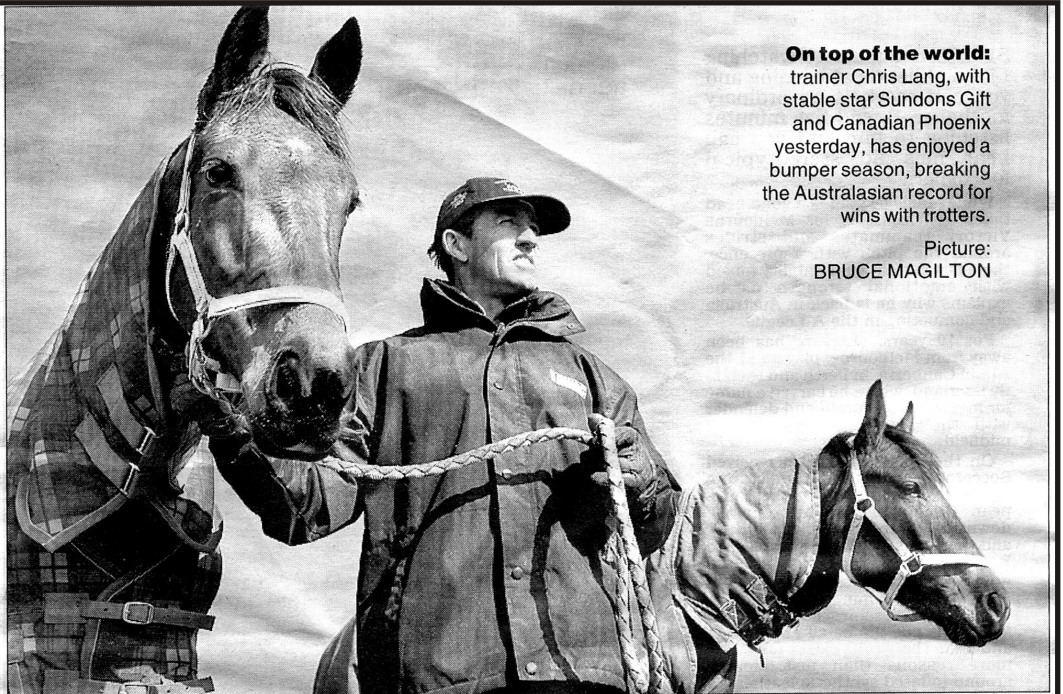
"It was a couple of years before a specialist levelled with me and told me about the wheelchair scenario. That's when I hit rock bottom," Lang recalled.

One of Victoria's most popular trainers, Lang had watched the stable he had worked so hard to build diminish to just four horses in work.

"Had it not been for my wife and kids (Sharon, Chris Jr and Michael) and the fact I had a young horse here I reckoned would be a superstar, I would have dropped out of the game," Lang said.

Enter Luke Clarke, a naturopath in Burwood, who changed Lang's life.

"He was the 13th specialist I'd been to see and it took all



On top of the world: trainer Chris Lang, with stable star Sundons Gift and Canadian Phoenix yesterday, has enjoyed a bumper season, breaking the Australasian record for wins with trotters.

Picture: BRUCE MAGILTON

the hassling in the world from Sharon for me to go and see Luke, but it's one of the best things I've ever done," Lang said. "It is amazing how one day can change your life."

A long detox program, change of diet and plenty of vitamins and minerals and Lang was a new man.

"Within a couple of months I was weaning myself off the drugs and felt a hundred times better," Lang said.

These days Lang's back to

his popular, cheeky and smiling best.

And with good reason. This season he's broken the Australasian record for wins by trotters in a season.

Kyvalley Road's win at Moonee Valley last Friday night was his 52nd trotting win of the season.

He made it 53 wins with the US-bred Dougie at Shepparton on Wednesday night.

Kyvalley Road just happens to be that young trotter which

Lang was so excited about at the height of his illness.

"He's been through some tough times as well," he said.

After a string of injuries and 3½ years off the racetrack, Kyvalley Road looked terrific in winning two of his three comeback starts.

"Whether we ever get to see the best of him again is the big question, but I can tell you it's very satisfying to get him this far after what he and I have been through," Lang said.

Sentiment aside, Lang said Kyvalley Road still has plenty of work to do to earn top seed in his stable of trotting stars.

"Right now, the pick of my trotters is Sundons Gift," he said. "What he's got over Kyvalley Road is the fact he hasn't had all those problems."

Sundons Gift takes his next step towards the Melbourne Inter Dominion in February-March, when he tackles a trotting free-for-all at Moonee Valley tonight.

Herald Sun Friday 24/8/07

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