

NEWSLETTER NO. 11 (NOVEMBER 1999)

MARGARET HILLS

Thank you so much for all your kind messages of support – they are most uplifting! I am feeling better; the rest is doing me a power of good. Sometimes, we just have to slow down and focus on ourselves, don't we? I know I am not out of the woods yet but with perseverance I intend to get there. My mind is active but my enlarged heart restricts me physically. I find it difficult to walk far – my breathing suffers – but I'm getting better! I must count my blessings. I know only too well how lucky I am to be without pain. A great deal of stress has been taken off me by the work Christine is doing at the Clinic. I have always had great help from her as well as my sons – Graham, Bill and Clive – and also the support team at the Clinic, Caroline and Vikki, for which I am grateful. The Clinic has achieved so much in terms of improving people's health and my greatest wish is that it continues to do so for as long as possible.

Margaret Hills

MLX 249 – MEDICINES CONTROL AGENCY

All the effort put in by various organisations up and down the country, including the correspondence sent in by you to Government Ministers, and also the Protest March in London on the 29th June, has made a considerable difference! The March was proposed in order to raise public awareness of the threat to the availability and free usage of herbal substances, vitamins and mineral supplements. We were very concerned that new legislation would interfere with our ability to continue to purchase herbs, vitamins and minerals as we have been used to. The response from you – our patients - was absolutely fantastic. We received great feedback with copies of letter to and replies from MP's, which really spurred us on to fight the natural health corner. (All this activity really does seem to have made an impact!) We also received a lot of support from MP's across the board who were most concerned about the restriction of choice. The latest statement from The Department of Health was most encouraging. We are now told that:

- The Medicines Control Agency (MCA) is not now seeking to control vitamin products.
- Also the decisions of the MCA will now be subject to an independent review, rather than being reviewed by officers of the MCA. This is obviously very important.
- Thirdly, the burden or proof as to whether a product is defined as a medicine or otherwise now rests with the MCA rather than the supplier. Previously the supplier would have to bear all the costs in trying to prove their product was acceptable.

It looks like for the time being our supplements are safe, but this is an ever changing situation for which we shall have to keep our defences up. Once again, thanks to everyone for their help!

MARGARET HILLS PROTEIN POWDER

Further to our notice of 22nd February 1999, we are very pleased to be able to confirm that we have at last been able to obtain non-genetically modified Protein powder. This is from a new source and you may notice a slight change in taste and texture. Having conducted trials of various tastes, we are confident that the new protein powder will be acceptable to you.

We have found that the best way to take it is to whisk it (using an electric whisk) into a glass of apple juice or skimmed milk. This makes for easy blending of the Protein. We have some electric hand whisks available for loan – add it to your order if you would like one sent to you.

Alternatively, you can continue to take it sprinkled on to cereals, mixed in with mashed potato or natural live yoghurt, or even added to soup. However you take it, rest assured that the quality is excellent.

WHY YOU NEED TO TAKE IT

Part of the acid-free diet involves cutting out red meats – a traditional source of protein. We need to replace that protein with a vegetable source, the best of which is that provided by soybeans. Extensive research has shown that ingredients of soybeans – isoflavones – help to protect the body from “free radical” damage. Harmful free radicals accelerate the ageing process, initiate many cancers and exacerbate diseases in general, no doubt including arthritis.

- For women: soya protein is helpful in alleviating many of the diseases associated with erratic oestrogen levels – from the menopause to breast cancer.
- For men: soya protein is helpful in reducing the risk of prostate cancer by inhibiting the growth of tumours dependent on male hormones.
- Common to both men and women is a reduced risk of coronary heart disease and reduced cholesterol levels.

BOOKSTANDS

“*Curing Arthritis The Drug-Free Way*” has remained in the “top ten health book” best sellers ever since the original edition in 1985. This year we have in conjunction with the publishers, Sheldon Press, launched a special promotion of the Margaret Hills series. This involves a unique bookstand designed to hold “*Curing Arthritis the Drug-Free Way*”, “*Curing Arthritis Diet Book*”, “*Cider Vinegar*” and “*More Ways to a Drug-Free Life*”. This is also available with special discounts for health shops. If any of your local health shops or book shops, or chemists, are interested, please let us know!

⇒ CHRISTMAS POST ⇐

Believe it or not, Christmas is closing fast. Always at this time of year the Royal Mail have problems due to the sheer volume of mail. We always get great co-operation when we ask you to post early for supplies over the Christmas/New Year period (Millenium as well!) Please make sure you have plenty of supplies to tide you over. We are always happy to supply for more than one month at a time, no matter the time of year.

ANTIBIOTICS

You may have heard of the latest publicity regarding the overuse and abuse of antibiotics. This is something which the “alternative health” bodies have warned of for years. What may result is that antibiotics will not be handed out by GP’s as freely as in the past. Although this is in theory a good thing (bacteria are now highly resistant to antibiotics!) we still need to get through the winter avoiding sore throats, colds and coughs etc. Natural alternatives to antibiotics are very effective – and a much better option. To generally protect against a low immune system during the dark winter months we would recommend:

Echinacea drops	15 drops in water, 3 times daily	50 ml	£6.99
Extra Vitamin C 500 mg (non acid form)	1 tablet 3 times daily	30 tablets	£2.70

If you succumb to an infection, ask as quickly as possible for an additional supplement to fight that infection. There is a whole variety of products suitable for specific infections. The sooner you start, the sooner you should recover.

As a final thought, we often get asked for various products which our customers have decided to try. We can supply just about anything from our health food shop in Kenilworth – far too many to list! Some of the more interesting ones are listed here. Just add them or any other product you need to your order list and we will despatch them to you. We know that this will be welcomed by those of you who are unable to get out to do your own shopping, but the service is available to all!

Tea Tree Oil Spray	Tea tree has long been used as a traditional antiseptic, germicide and fungicide, making it a very effective treatment for minor cuts, abrasions and fungal infections such as athlete’s foot. Use tea tree oil spray wherever an antiseptic would be beneficial.	75 ml	£5.95
Natural Vitamin E Spray	Vitamin E has many uses externally. It is useful as a skin moisturiser – for dry, flaky skin; skin blemishes; stretch marks; scarring. For such skin, Vitamin E in a spray is so much easier to apply.	150 ml	£6.95
Air Bubble Baths	You have, no doubt, seen the adverts for this type of bath insert (no alteration needed to your own bath) which are wonderful for improving your circulation, speeding up healing and relief of pain. We can supply these for half the normally charged price – an enormous saving!	Don’t pay more than you have to! Ask for our literature. No obligation. Free demo.	£695.00

BBC THAMES VALLEY INTERVIEW 31st MAY 99

Out of the blue one afternoon came a telephone call from the presenter of a morning show on BBC Thames Valley – Mr. Bill Heine. Could we participate in an interview regarding my mother's book "Curing Arthritis the Drug-Free Way"? He wanted to make arthritis one of the subjects of his Bank Holiday Monday programme. As my mother was not too well at the time, I agreed to do the interview. I was on holiday for the weekend with my husband and some friends in Ross on Wye but offered to go along to the Oxford studios in time for the 12.30 pm till 12.55 pm slot he had in mind.

Having never spoken on radio before, you can imagine that I was nervous and unfortunately, with slow Bank Holiday traffic to contend with, we had not allowed sufficient time to get there. It did not help to listen on the car radio to Bill Heine saying "Christine Horner will be here shortly to answer your questions...". We arrived at 12.29 and, without time to stop and think, I was whisked straight through to the presenter's studio and offered a pair of headphones.

Well, the discussion that followed was nerve-racking, although you would never know (I hope) from listening to the programme. I did not know what to expect! With it being a live "phone-in" programme, I did not know what was going to be asked of me. Nonetheless, I managed to give logical and relevant answers to each question whilst masking my nervousness and trying to make the discussion interesting to the casual listener. When the hands of the studio clock moved round to 12.55, I was beginning to relax and looking forward to the last question when Bill said, could we continue this discussion after the News? In actual fact, I was "on air" for another half an hour because the subject matter was provoking so many phone calls and enquiries from the listeners. It was 1.30 pm by the time I was ready to leave and the Producer had very kindly recorded the whole event for me.

We rejoined our friends 75 miles away in Ross-on-Wye and continued our mini-break before returning home that evening, ready for work again on the Tuesday. The programme had enjoyed a great deal of interest and the phones never stopped ringing for the whole of the following week! So much for the "break" I was supposed to have – it took a while for the nerves to recover! Never mind, it was worth it – I shall know what to expect if I get invited again – and it was obviously invaluable to countless members of the public who may now have discovered a different approach to improving their arthritic condition.

Should anyone want a transcript of the programme, we have prepared one – just ask and send in a stamped envelope. It is so much easier than trying to reproduce the recording.

Christine Horner
The Margaret Hills Clinic, Kenilworth, Warwickshire Tel: 01926 854783

PERSONAL REPORTS These are so uplifting – thank you for sending them in.

1. Mrs. J.E.P. contacted us in March 1998, having taken anti-inflammatory drugs for three months. She now writes: *“I am so thrilled with the progress I have made in such a short time. I am sure I am clear of the arthritis as I have no pain or discomfort. Just before Christmas last year, I was experiencing a lot of pain in my knee and gradually I found it difficult to walk about and eventually took to one stick, then two and finally using a wheelchair, finding life quite difficult... I am now 84 years old and can still play my organ ... leading a very busy life ... I can now climb up to the organ loft without difficulty.”*
2. Mrs. E. W. of Basingstoke contacted us in May 1995 at the age of 56. She was taking no medication and now writes : *”In October 1995 I seemed to very suddenly have problems with my knees. I realise now that it had been coming on gradually without any significant signs. I found it very difficult to crouch, to reach kitchen cupboards, etc. I felt like an old lady, getting in and out of the car, etc. Pain was bad doing certain things and was there, although not as bad all the time, night and day. I started the treatment in June 1996 and ... soon noticed a difference. I can now run with the grandsons, walk with ease, not just along the flat, but up and down hills. There was a very quick improvement in the condition of my nails. No more tingling or cramp and I feel well, not that I actually felt unwell before. My hair is not so dry and shines and not so grey – there is more brown showing. My fingers were curving and are now straighter. My knees look like knees again... I’ve known people be put off starting the treatment, or start and stop the treatment because their doctor said “It doesn’t work; they are only after your money”. My advice is to believe and go for it. So much suffering could be avoided.”*

CLEAR OF ARTHRITIS

No matter how long it may take, it is well worth persevering with this treatment until you are clear of all arthritic symptoms. If you do not feel that you are getting on very well, ring us, or write. We can then review exactly what you are doing, put you right if you are doing anything wrong, or change your treatment if that is what is needed. Bear in mind that we keep up to date with all available treatments including new supplements that appear on the market. Most of the time we know about the treatments and can advise you whether it would be wise to include them or not. We want you to get well and will do our best to help you. If you would like to come for a consultation, ring and we will make you an appointment. **Now for our roll-call!** It is lovely when people write and tell us that they are symptom free, so let’s spread the word around – and tell us what is happening with you! So, the following people wrote in recent months to say that they are now clear of arthritis – **well done all of you!**

Name	Started Treatment in	Comments
Mr. D.D. Bayley	April 1996	Hip replaced – now no trouble; hands have straightened and lost their stiffness; back is free from pain and stiffness. <i>“I am sure that a positive mental attitude is most important.”</i>
B. E. (no ref requested)	Dec 1994	<i>“It has taken four years to feel as well as I do but I am glad to say that the Margaret Hills treatment has helped in my case, and I am well able to do my job.”</i>
Mrs. I.J. Houghton	Oct 1997	<i>“Progress seemed so slight...but I am glad now that I persevered because not only do I feel physically better but I feel a sense of achievement.”</i>
Mrs. V.M. Taylor	July 1996	<i>“I am feeling very well now but would like to keep on my vitamins – I know I need them as I am the type who burns out now and again. My energy levels are high, I eat well, sleep well...When I look back, I couldn’t hold a cup, comb my hair or do all the other things we do automatically. The worst part was my mind – I just couldn’t think at all, I felt so ill.”</i>
Mrs. J. Wright	Sept 1996	<i>“I have had three clear months and would be glad for advice on reducing.”</i>