

NEWSLETTER NO. 12 (NOVEMBER 2000)

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It has been a year since the last newsletter unfortunately, but the Clinic has been very busy during this time and it is difficult to think of producing a newsletter on top of caring for all those in need. A great deal has happened since last November. My mother's heart condition has greatly stabilised so long as she can keep clear of stressful situations. I have had many enquiries about her health – for which I thank you. She is very grateful for your thoughts and prayers. Between us we are intending to update the “Curing Arthritis the Drug-Free Way” book with new information over the next few months, so I'll keep you posted as to when this becomes available.

GOVERNMENT DIRECTIVE ON FOOD SUPPLEMENTS

In our last newsletter, we gave you an update on the progress with the Medicines Control Agency regarding legislation on the availability and free usage of herbal substances, vitamins and mineral supplements. We were very concerned that new legislation would interfere with our (and your) ability to continue to purchase vitamins and minerals as we have been used to. The Government has now appointed the Food Standards Agency (instead of the Medicines Control Agency) to develop legislation “to restrict or prohibit the marketing of food supplements on the grounds of protection of public health”. The food supplements concerned include vitamins, minerals, amino acids, essential fatty acids, fibre, plant and herbal extracts. The Food Standards Agency has decided to tackle the area of vitamins and minerals to begin with. A Draft Proposal for a Directive on Food Supplements was issued in April 2000 but it remains under discussion. So, really there is nothing new to report on this issue.

VEGETARIANS TAKE NOTE

The Margaret Hills Formula “Capsules” are now provided using vegetarian capsules rather than gelatin. We continue to strive to provide the best possible nutrients within our supplements. The Margaret Hills Protein is also suitable for vegetarians.

SCENAR

In searching for treatment that my mother could cope with, at a time when she was pretty poorly last year, I investigated a device called SCENAR (*Self-Controlled Energo-Neuro-Adaptive Regulation.*) This is a hand-held piece of equipment which uses electrical stimulation to put energy into the body and induce self-healing. Self-healing is very much in line with the philosophy of this Clinic, so my mother agreed to treatment with this device from a natural health practitioner in Tewkesbury. The results were dramatic. From being exhausted and too tired to walk across a room, three days after her treatment (lasting about ¾ hour) she was able to go out to the shops again and resume her chores. A further treatment followed, with another great step improvement. She had a final treatment with the therapist another week later, at which time she felt energetic and

“normal” again. We were so astounded by the speed of her recovery that I decided to obtain the device and undergo the necessary training in its use so that I could treat her myself whenever necessary. This I have done – and with the occasional treatment, my mother is now fairly stable in her health again.

Having obtained the SCENAR device and undergone sufficient training to commence treatments, I am now offering the SCENAR as an adjunct to the arthritis programme for those people most in need of help. The device is applicable in most health problems and the results experienced have mostly been very encouraging indeed. Some people feel the benefit immediately, others seems to have a delayed response of between 1 and 21 days. A very few people do not notice any improvement whatsoever. In recent weeks, this device has come to the attention of the press and it has featured in the health pages of national newspapers, so you may have already come across it. You are welcome to receive further information about SCENAR if you wish.

MILLET PILAU Here is a main course recipe suitable for vegetarians. Try it out and let me know what you think!

½ lb (225g)	millet	4 oz (115g)	mushrooms, sliced
2 tbsp	sunflower or olive oil	2 oz (55g)	cooked peas
½ -1 clove	garlic, crushed	2 oz (55g)	sultanas
2-3	spring onions	2 oz (55g)	pine nuts
1 ¼ pts (700ml)	water	fresh mint to garnish and seasoning to taste	

Wash the millet, then drain well. Heat the oil in a pan and lightly fry the crushed garlic and spring onions for a few minutes. Add the millet, stir, and cook until it begins to colour. Pour in the water, bring to the boil, then lower the heat and continue cooking until most of the water has been absorbed. Stir in the mushrooms, peas, sultanas and nuts. Cook a few minutes more to heat through. Season to taste, and garnish with chopped mint. Serve with natural yoghurt and a salad made with lettuce, mushrooms and red pepper, dressed simply with olive oil and seasoning.

CHRISTMAS POST and BULK SUPPLIES

During the recent crisis with the flooding, coupled with delays in rail service, it was understandable that there were delays with the post. These circumstances were unforeseen and have caused serious worries to many people. We are so reliant on the regular postal system and yet here we are now with Christmas just around the corner and possible delays because of the volume of mail at this time of year. For your own peace of mind, it makes sense where possible to always keep at least one month’s supply of your treatment in hand. As soon as you start your last box of “Formula” or “Protein”, we would advise you to order at least one or two month’s supply immediately.

We have been asked if it is possible to send a twelve-month supply to people but we do not think this is a good idea for any nutritional product. We manufacture our nutritional products on a regular basis without making too much at any one time. Our manufacturers use freshly harvested ingredients each time and we prefer you to have the benefit of this in nutrient-rich products. A three-month supply is probably the maximum we would suggest you take at any one time. This is sufficient to keep you going for a substantial time, without being too long and allowing deterioration of the nutrition through not being kept in ideal conditions.

OSTEOPOROSIS – WHAT IS IT? Osteoporosis means increased porosity of the bones, i.e. a thinning of the bones. There is thinning of the protein bone structure resulting in less calcium in the bones. The result of osteoporosis can be decreased bone strength and a higher risk of bone fractures, especially of the vertebrae in the back, of the hips, and of the wrists. It can affect men as well as women.

WHAT CAUSES IT? It can be caused by a variety of factors, including prolonged lack of exercise, vitamin and mineral deficiencies, regular usage of various drug medications such as anti-inflammatory steroid drugs like Prednisolone, sleeping tablets, antacids and tranquillisers. Hormone imbalance is involved - this is partly the link with the menopause, although the menopause does not cause osteoporosis. Excess acid also has an effect on the metabolism of calcium in the body, leading to a withdrawal of calcium from the bones.

WHAT CAN I DO ABOUT IT? Not just take extra calcium - consider the following.

EXERCISE Increase the amount of exercise you get each day. Get outdoors if you can to allow the action of sunlight (whether the sun is shining or not) to work on your body to create vitamin D – it is necessary for proper metabolism of calcium. Weight-bearing exercise is the best, such as walking, and yoga or Tai Chi.

CONSIDER OTHER MEDICATION Your doctor has most likely considered all the medication you take for specific consequences of osteoporosis but other drugs can contribute to a state of acidosis, which can then lead to the development of osteoporosis. Do not stop any prescribed medication without your doctor's knowledge.

DIET Think about your diet. Eating too high a proportion of acid-forming foods draws minerals out of the bones and promotes a tendency toward too much acid in the bloodstream. To counteract this situation, calcium and other minerals are immediately withdrawn from the bones. Your body will do its utmost to keep your blood in the correct balance – at the expense of your bones. So bone breakdown increases to rebalance the blood, and calcium and other minerals are excreted in the urine and thereby lost.

An increase in alkalisating foods can help to correct this calcium loss by replacing the minerals that have been “borrowed” from the bones. However, if the diet is low in vegetables and other mineral-rich foods, and if this persists for year after year the amount of calcium and other minerals needed for good bone health would be too low, and slowly the needs of bone breakdown (to keep the blood in correct balance) would exceed the amount of incoming calcium. This is when osteoporosis becomes apparent.

There are plenty of dietary measures to consider which are outlined overleaf but the important things to remember are to eat the foods in the left hand column and avoid those in the right hand column. Foods on the “to be avoided” list are there because they are seriously acid-forming and probably the worst foods for draining calcium out of your bones.

Instead, choose fresh, natural, unrefined, organically grown foods as much as possible.

EAT FOODS BELOW	AVOID FOODS BELOW
Eat fresh vegetables such as broccoli, squash, carrots, turnips, parsnips, greens, kale, watercress, radishes and, in particular, chopped parsley.	White flour and any products made from white flour, i.e. pastry, cakes, pasta, cereals, bread, pizza
Eat fruit and drink diluted fruit and vegetable juices .	White rice – Use wholegrain rice.
Eat the softened bones of salmon, sardines or whitebait – canned, or bake them in a little olive oil. Eat fish, poultry, eggs, beans, peas, tofu. Soya (in our Protein powder) contains phytoestrogens which can help to slow down or stop bone loss.	Refined sugar and salt , i.e. crisps, salted nuts, sweets, desserts, pre-packaged foods, tinned foods with added sugar and salt, breakfast cereals, jam, marmalade, syrup. Stock cubes, gravy and sauce flavourings and mixes.
Eat good quality fats such as are found in extra virgin olive oil, sesame oil, groundnut oil, sunflower oil, unsalted and unroasted nuts and seeds (sunflower seeds, sesame seeds, pecan nuts, walnuts, hazelnuts, etc.) . These are useful as a snack when watching television or you just feel a little peckish.	Refined foods , i.e. hamburgers, hot dogs, pizza and other ready-prepared foods. Colourings, flavourings. Hydrogenated fats and trans fats in many brands of margarine.
Eat herbs, spices (not hot), pepper. Drink several glasses of water each day.	Artificial food additives
Eat whole grains like brown rice , barley, buckwheat, millet, quinoa, cornmeal, rye, oats and whole wheat . Eating oats, in the form of porridge for instance, and having brown rice instead of potatoes regularly, would be excellent.	Caffeine in coffee, tea, chocolate and coca-cola. Avoid all carbonated (fizzy) drinks.
When eating lamb or other permitted meats or poultry , cook on the bone since a little calcium will migrate into the meat.	Alcohol including wines, spirits, beer and lager

STRESS

Emotional, physical, and mental stress all contribute to acid build up in the body. These aspects of your life should be considered too. Counteracting the effects of stress uses up the necessary nutrients for combatting osteoporosis. Think about what changes may need to be made – some may be possible.

HAIR MINERAL ANALYSIS

Nutritional supplements help to replace the minerals that are lacking but they have to be carefully balanced. Taking extra calcium may not be the answer when you have been diagnosed with osteoporosis. For instance, increasing magnesium intake *while lowering calcium supplement intake to 500 milligrams per day* has been shown to increase bone density. When diagnosed with osteoporosis, rather than haphazardly taking extra supplements, it is better to assess your complete nutrient status and endeavour to correct imbalances. The way to do this is with a Hair Mineral Analysis. The cost is £50 and the hair sample can be provided by you from your own home and sent by post for analysis. If this is done via our Clinic, we then pass on our advice as to any changes you should be considering.