

NEWSLETTER NO. 15 (November 2002)

FOOD SUPPLEMENTS LEGISLATION (E.U.)

We are very hopeful that the new legislation will not interfere with our ability to provide you with the vital Formula nutrients that are such an important part of your treatment to clear arthritic symptoms from your body. However, to keep you informed about the EU legislation that is going through Parliament, I am enclosing an article by Daniel Hannan, Conservative MEP, which appeared in the Daily Telegraph on 3rd September 2002. The regulations briefly are as follows:

- The *Food Supplements Directive* will probably become UK law by July 2003. Products that contain nutrients that are not on the Directive's Positive List can continue to be sold for seven years after this, provided that (a) the member state agrees with it, (b) a full scientific dossier is submitted to the SCF (European Scientific Committee for Foods) within 36 months of the Directive coming into force (July 2002), and (c) that it has not been the subject of an adverse finding by the SCF. Any nutrient not on the list and for which a dossier has not been submitted to the SCF will have to come off the market by July 2005. I understand that dossiers are currently being compiled. Most of our Formula ingredients are on the Positive List but some changes may be forced upon us.

- A report produced by the Expert Committee on Vitamins and Minerals and released by the Food Standards Agency in late August 2002 attempts to establish the *upper safe limits* (USLs) that will be allowable in supplements sold throughout Europe under the recently passed Food Supplements Directive. We are worried that dosages per tablet/capsule will be set far too low.

As you are following the Margaret Hills treatment you will be convinced of the importance of being able to take simple nutrients in sensible dosages as part of a regime to regain your health, strength, mobility and vitality. Many of you have already written to your MP and MEP before, but once again I am asking you to put pen to paper. This battle has not been lost until products are forced off the shelves in our shops, so please do your best to alert those with a voice in Parliament and the European Parliament to this issue. Here are just a few questions that you might suggest to your MP/MEP.

- Is it possible to register a very strong protest in Parliament against this legislation, as it is a gross infringement of human rights?
- Are you able to ascertain the names of the pharmaceutical companies that have been involved in the heavy lobbying mentioned by Mr. Daniel Hannan, MEP?
- Is there a register of EU Commissioners interests which will indicate which Commissioner sits on the board of the lobbying pharmaceutical company concerned?

CAN YOU HELP?

When you are struggling, each day is painful and the future appears to be bleak and fearful, it would be so encouraging to be able to talk to someone who has been where you are now, and come through it. Personal experience draws people together. Three people, currently trying to follow our programme for their arthritic condition, have specifically asked to be put in touch with someone for a little support and independent encouragement.

Mrs. R.B.H., from Huddersfield, started our treatment in April 2002, aged 63. She developed the first arthritic problem in her ankle in January this year and was prescribed anti-inflammatories. Other joints are now affected, i.e. hands and feet - "the camber on pavements is very hard to walk on" - knees, hips and shoulders. Now only takes painkillers.

Mrs. J.P.K., from Bexleyheath, started our treatment in January 2000, aged 63. She had pain everywhere, stiffness and weakness. She developed rheumatoid arthritis after a motorcycle accident at age 38 and has struggled to avoid arthritic medication. She has had both bunions removed. She is very despondent and feels as if she is fighting an uphill battle, particularly since a fall set her back. She does not think she is progressing but wants to believe that our treatment will help her so is persevering as best she can.

Mrs. A.E, from Bushey, started our treatment in September 2001, aged 32. For eighteen months, she had suffered with severe pain in her wrists, possibly carpal tunnel syndrome. She had been diagnosed with helicobacter pylori 2 years previously for which she had been given triple antibiotic therapy. Six weeks prior to starting our treatment she had a baby. When she was pregnant her pains were severe for a while, then came and went. With her baby 6 weeks old, the pains all came back again. Twelve months on our treatment and now the situation is improved, the pain is not so acute, although the early morning stiffness makes it difficult to care for her baby.

Can you help to support any of these ladies? They would be so grateful. If you understand and feel you could help, drop me a line and I will pass on your details so that you can get together by letter or phone.

EPSOM SALTS

The supply of epsom salts may become scarce in the larger 3 kg bags. This, we have discovered, is because of new European legislation which insists that epsom salts is provided in tamper-proof containers. The manufacturers do not consider that the expense of the packaging in the 3 kg size is warranted, and therefore are proposing to cease supplying in this quantity. If your chemist, health food store, garden centre or stables can get it for you, get a stock in. It is more expensive when you have to buy the smaller packs. We stock Epsom Salts at our Clinic and Health Food Shop - please phone if you are making a special journey so that we can have it ready for you.

Clinic: 01926 854783 Monday - Friday 9 a.m. till 5 p.m. Address above.

Shop: 01926 850019 Monday - Saturday 9 a.m. till 5.30 p.m.

Our shop is located in the main town at Millar Court, Station Road, Kenilworth, Warks.

SUCCESSFUL CASE HISTORIES

Now for my roll-call of people who have persevered with the treatment as advised by us and in the past few months have written to tell us of their success! Well done - your faith, trust and perseverance day by day has paid off!

Mrs. P.B. from South Yorkshire started our treatment in March 1994 at the age of 57. She had been diagnosed with cervical spondylitis four years previously and had retired due to ill health, after several years of back pain. Within six months the stiffness was much improved but she still had various aches and pains. A flare up one month later caused her to become disillusioned as she struggled with a painful and stiff neck and spine. We encouraged her to stop her HRT and she succeeded in that by December 1994. Occasional flare ups continued to happen as the months went by and Mrs. P.B. needed encouragement from us on a regular basis. *"I had a couple of days when the aches seemed to disappear and I thought 'we've cracked it!'. Unfortunately it returned with a vengeance and I had a 'flare up' which started in my neck and seemed to gradually work its way down my spine. Am I likely to be ever completely free from aches and pains as I realise my spine is very inflexible due to degeneration and a genetic problem?"* (August 1996) Skipping forward to May 2002, Mrs. P.B. now writes to us: *"I have been on your diet now for 8 years and over the past 3-4 months have been virtually free of arthritic pain so would like to go on to the maintenance diet. Could you please let me know what this entails."* 10 out of 10 for effort and perseverance, Mrs. P.B.!! Well done.

Mrs. R.G.Lomas from Victoria, Australia, started our treatment in November 1999 (aged 59) having been diagnosed with osteoarthritis which started 6 years previously. She writes in May 2002: *"After having four major operations (through which I carried an arthritic hip) over the space of 3 years, I was told it was time to have my hip replaced. This I could not do both mentally and physically - I was really run down in both categories. However, luck was on my side. A friend came back from a holiday in England and brought a copy of Margaret Hills "Curing Arthritis the Drug-Free Way". After reading the book I decided this was for me. I stopped eating acid food and after the initial relief from pain I still felt ill in myself, so I wrote off to the Clinic and became a member. My case was assessed by Mrs. Christine Horner and my treatment advised. Two days into my treatment a wonderful calm came over me and I felt at last I could face the world. This feeling of wellbeing and determination to make it all work continued for approx. 18 months, then one day I noticed my arthritic leg was shorter than my good leg. I was advised to see my doctor which resulted in a hip replacement, but by this time I could face up to the operation both mentally and physically. I came through the operation with flying colours, the surgeons were amazed at my high haemoglobin count. I had no need for a blood transfusion even though I had lost a lot of blood during the operation. I took my Margaret Hills Formula and Protein, honey and black molasses with me into hospital and took them every day. I left hospital one week later feeling fit. 2 weeks later I was walking again. The operating surgeon was thrilled everything had gone so well. Over the last eight months I have played Lawn Bowls 3 times a week, done all my housework and gardening and even been dancing all night - something I thought I would never do again. Had I found the Margaret Hills Clinic earlier I am sure I would not have had to have an operation. I am now fit and well and I hope to stay that way."*

Mrs. B.S. from Birmingham, started our treatment in November 1997, aged 60. She had been taking Ibuprofen off and on since 1978 when her right hip caused a problem. X-rays over the years showed that her hip was deteriorating with osteo-arthritis and the bone rubbing on bone, with crystals in the joint. She wrote in July 2002:

"It was in November 1997 that I started the treatment, I then slowly went off the Brufen tablets. After six months I felt I was improving. Although I was still in pain, gradually the flare ups became less frequent. After three years, I was not in much pain at all. After four years the pain had gone. However, I still have the vitamins and protein but now only every other day. It is nearly five years since I started the treatment. The only problem with my hip is that I limp but that does not bother me. If I had not read the book, I would have had to have had the hip replacement. I do not need the walking stick. My thanks are to Margaret Hills and all her staff for the work they do and for the care they have taken listening to me and giving advice."

Mrs. M.M.H. from Devon started our treatment in February 2002, aged 72, after pain in her hip came on suddenly - although she realised that with a tendency to a few aches and pains in her hands it could be a build up of uric acid through her system. She writes in October 2002:

"I am delighted with the results of your Formula...my symptoms have now cleared...I was in pain which was mainly muscular but also intermittently in my hips and knees. After a visit to the Doctor, Ibuprofen was prescribed. Having practised Yoga for over 30 years, I felt that this was only masking the real reason for my problem. I took this for one week only. I first bought Margaret Hills Arthritis Diet Book and More Ways to a Drug-Free Life about ten years ago, believing to a certain extent you are what you eat. I also have the Exercise Book and used this daily. However I also continued my Yoga classes and paced myself accordingly. With a combination of diet, Formula and exercise, I feel that this has brought me to my present position. Perhaps people who have a tendency to arthritis are not fully aware of the importance that certain foods can have a detrimental effect on the body."

Mrs. N.M.S.T., from Norfolk started our treatment in December 1997 at the age of 66. She had had curvature of the spine since childhood and back problems since the age of 31 following childbirth. She writes in October 2002:

"I have now been taking your arthritis treatment for approximately five years and have found it to be truly beneficial. I now look forward to starting the maintenance programme. Nearly four years ago I had an operation to replace my right hip; three weeks later I discarded my stick, and six weeks after the operation I was able to walk a mile with my dogs. My back pain, which had given me a great deal of trouble for many years, has now gone and I can now drive any distance without depending on the support of various cushions. I was also suffering periods of considerable pain in my elbows and feet which interfered in both competing with my dogs in obedience competitions and taking them for their daily walks. Happily, the pain in my elbows has gone completely and I just get an odd twinge now and then in my feet. I know that my surgeon did a splendid job on my hip, but I have to thank the Margaret Hills treatment for my speedy recovery after the operation and for ridding me of the pain in other parts of my body. My very grateful thanks go to your mother and to you for helping me get back to my old life without pain, and to enjoy my four little grandchildren to the maximum."

Mrs. L.G.N., from Berkshire, started our treatment at the age of 93 - yes, 93! That was in October 2001. She wrote one year later:

I have been on your diet since last year and, after years of being treated by the various doctors I have consulted, and being put on steroids, I have followed your treatment and have been able to give up all drugs and doctors - against their advice. I was tired of being prescribed drugs for everything - such as antibiotics and painkillers....I am on a diet of my own and have been for some years, since I started arthritis in my fifties and could scarcely walk. Oranges were the first things to upset me and I gave them up completely. I had to go into hospital for some time after being completely immobilised, no one knowing what was wrong with me. I was told by the doctor in charge that I would never walk again. Anyway, they did take me off all drugs and I chose my food very carefully. Years later, after another bad attack, they told me I had polymyalgia - hence the steroids which gave me instant relief but, once started, I was unable to give them up although over the years they were gradually reduced, but never completely - and so I took it on myself to defy them and ignore their advice. I then heard about you and have never looked back. I am so grateful to you... I live alone relying on a little help ..to do heavy housework and help with bathing and washing my hair. I do my gardening, again with help with the heavy work....I go for a short walk every day...2 sticks to keep my balance - everywhere I go. You will think I am bragging but I am telling you all this because I see and hear of so many people with arthritis and feel that if they had open minds and took advice from the health food stores instead of the doctors they would benefit.

I was assessed this week by the district nurse who took annual blood tests, etc., and she could find nothing wrong with me and, frankly, was quite amazed. I repeat how grateful I am for your help. Many years ago, I was seriously thinking of having a double hip replacement but my grandson, a young doctor, advised against it and suggested diet instead.

As I have a small appetite now, it costs me less to eat completely organically on a vegetarian diet. People ask about that - but of course to give up meat in itself is a big saving. I know of someone whose family started your diet but couldn't afford to keep it up at present. If they had given up meat they would have saved enough to pay for your diet and been healthier at the same time!

As you have said somewhere, we should all thank God for his help. I thought you would like to know how we all appreciate you!" Mrs. L.G.N. is continuing with the treatment.

SCENAR

If you are able to attend the Clinic here in Kenilworth even just once, you would be welcome to have a "hands on" treatment with the SCENAR device. It can help to speed up your recovery. This treatment is only available to those people who have been taking - for at least four months - the arthritis programme of acid-free diet, acid-removing cider vinegar drinks, and the recommended nutritional supplements.

The SCENAR should have a positive beneficial effect throughout your body which will be ongoing for several weeks, whether or not you are aware of it. Some patients have had remarkable occurrences after the treatment.

Mr. J.R. from Dublin, aged 34, was amazed that the device immediately detected his most irritating and exhausting problem of "severe jumping" as he was falling asleep

which woke him up again. Without knowing why this was happening to such an extent, I was able to treat him using the SCENAR and he has hardly been troubled with that problem since. He declared afterwards that he had felt “on cloud nine” immediately after the treatment and could have flown home without the aid of the aircraft! Other problems with his skin condition improved too.

Mr. R.M. from Gloucestershire, aged 50, is struggling to recover from his debilitating condition which includes severe chest pains, oesophageal spasms, arthritic symptoms and an inability to work for four years or so, during which time he has taken steroids, injections, and anti-acid medication. He recently came for a treatment with the SCENAR, following which he said that “he suddenly felt connected to the world again for a few hours”. For the past four years, he had felt “as if he was living life in a bubble - totally disconnected from everything going on around him”. Shortly after the treatment, he was confident to drive his car for the first time in six months. He is continuing with his arthritis programme and occasional SCENAR treatments.

Mrs. P.N, from Birmingham, aged 53, had been following our treatment for arthritis very successfully for three years. She then broke her wrist, had it set in plaster for six weeks, after which time the plaster was removed. Her hand and wrist were very painful, stiff and swollen. Her palm was clammy and she was unable to use that hand without severe pain. Worst of all, the hair on that arm had grown long and very dark from the elbow down to the finger tips. She had to wear long sleeves that covered it up - and the Hospital had discharged her, not knowing why it had happened or how to treat her. One year later, she contacted us about it. We decided to use the SCENAR, to immediate good effect - less pain as she got off the treatment couch! After six treatments, at monthly intervals, her hand, wrist and arm were all back to normal - no pain, full use of the hands and wrists, no long dark hair on her arm.

These are just a few examples of what can happen - the SCENAR is a sophisticated diagnostic and treatment device. For further details or to book an appointment, just ask.

MONTHLY ORDER

You may like to consider having your nutrients sent to you on a regular basis each month, especially if you forget to write or phone until you only have a little left. With your approval, we are happy to send you what you need - using payment by a credit/debit card - at about the same time each month. Since introducing this scheme, many people have found it to be helpful. We are enclosing the order request sheet for you to think about.

CHRISTMAS ARRANGEMENTS

The Clinic will be closing for the Christmas and New Year break on Tuesday, 24th December. We shall return on Thursday, 2nd January 2003.

As the postal service is under enormous pressure at this time of the year, please ensure that you order your nutrients well in advance. We do not want you to run out! It often helps to order enough for two months in November, rather than rely on prompt deliveries in December. We wish you all a Peaceful and Happy Christmas, and a Healthy New Year.

OATS FOR BREAKFAST

Consider whether **wheat** forms a large part of your diet these days. You will be surprised perhaps that it can be eaten at every meal - toast for breakfast, sandwiches for lunch, pasta for dinner, as well as being a key ingredient in many prepared and processed foods - even if it is **wholewheat** that you are eating. It is much better to vary the carbohydrates at each meal. Instead of wheat all the time, try to think of oats, rye, millet, buckwheat, corn, wholegrain rice, and of course potatoes. Starting with breakfast, try choosing something other than wholemeal toast for a change. Here are some ideas using oats which have a traditional connection with breakfast time.

It is best to cook oats, or at least soak them in about three times their own volume overnight if they are not going to be cooked. This makes the oats highly digestible.

ONE MINUTE PORRIDGE (1 SERVING)

4 fl oz water, or skimmed milk	Place the liquid in a saucepan with the sea-salt or Cardiasalt, if used, and heat until lukewarm. Stir in the oats, and bring to the boil. Simmer for 1 minute, stirring all the time, until the porridge is thickened and creamy. This can be served with a little honey, or molasses, and your daily portion of Protein powder. If adding the Protein powder, I would suggest stirring it into the dry oats before adding the oats into the saucepan.
pinch sea-salt (optional), or preferably Cardiasalt - available from Clinic	
2 fl oz fast cooking oats/rolled oats/oatflakes or porridge oats	

If porridge does not appeal to you, use your oats in a different way. You could make up a quantity of muesli cereal, using the following wonderful ingredients. It is then ready to pour a bowl in the **evening** and allow to soak overnight in water, skimmed or soya milk, ready for a satisfying breakfast when you get up. Make time!

MUESLI

1 lb porridge oats/rolled oats or oatflakes	Mix together all the ingredients which can be stored in an airtight container for up to 3 weeks. To serve, pour some into a bowl and add three times the volume of skimmed milk, or water. Do this the night before and leave it to soak in to the oats. In the morning, you can add more water, soya milk, or apple juice if it has become too thick. You could occasionally add a little natural live yoghurt (not every day), and some fresh non-acid fruit. Once again, a heaped dessertspoonful of Protein powder can be stirred well into the dry ingredients before adding the liquid.
2 oz unsalted, unroasted cashew nuts	
4 oz unsalted, unroasted peanuts or hazelnuts	
3 oz dried peaches, chopped	
2 oz linseeds	
3 oz sunflower seeds	
2 oz dried banana slices	
3 oz dried apricots, chopped	

Please don't skip breakfast. It does exactly what it says: it breaks the nightly fast. It is not wise to leave breaking that fast until later in the day. During the night the body's metabolism slows down which means that it burns calories more slowly, and only when you start eating do you speed things up again. This is vital for weight control.

It needn't take long to prepare and eat, and can be an excellent way to start the day if you eat the right foods. You could not do better than to have porridge, with your Protein powder mixed in to the dry oats before adding the liquid. Oats, made with water or with skimmed milk provides energy, satisfies hunger, kick-starts the metabolism for the day ahead and helps keep your digestive system healthy by providing a good portion of soluble and insoluble fibre.

Eating breakfast prevents the urge to snack later on in the morning, so helps with blood sugar and cholesterol control because snacks tend to be high in fat and sugar. There are plenty of reasons to eat oats, and particularly at breakfast time, so go ahead and indulge yourself.

If you prefer a traditional cooked breakfast, you can still benefit from oats. How about a poached egg, vegetarian sausage or turkey sausage, grilled mushrooms and potato oatcakes? Here's how to do the oatcakes, but to get a headstart cook extra potatoes the night before and sieve them whilst still warm. Probably you could add the oatmeal and a little sea-salt (or Cardiasalt) whilst warm too, then they are all ready to quickly cook in the morning instead of wholemeal toast.

POTATO OATCAKES (SERVES 4)

1 lb cooked, sieved potatoes	Mix together the potatoes, oatmeal and salt to form a firm dough. Roll out thinly on a floured surface. Cut into 3" rounds and prick with a fork. Heat a griddle or lightly oiled heavy frying pan. Cook the potato oatcakes for 3-4 minutes on each side, until golden brown. Serve warm as an accompaniment to your cooked breakfast and yes, you have guessed it - your portion of Protein powder can be mixed in with the oatmeal.
6 oz fine oatmeal	
a little sea-salt, or Cardiasalt (available from Clinic)	

FLU/PNEUMONIA VACCINATIONS

Whether to go ahead with your GP's suggestions on having a flu and pneumonia vaccination is a decision that we have to leave to you. Some people are far more vulnerable to getting flu at this time of year and, if your doctor is adamant that you should have it, then perhaps you should go ahead. However, once the deed is done, on rare occasions you can have an adverse reaction whereby you have greatly increased arthritic symptoms. If this happens, please contact us as we will hopefully be able to help with a homoeopathic remedy called VACCINIUM. The aim of this is to neutralise any adverse effects of vaccinations.

NAME

ADDRESS

TEL. NO.

Dear Margaret Hills Clinic,

Please despatch one month's supply of the following nutritional supplements on approximately the same date each month until further notice. This arrangement can be cancelled or altered at any time, by phone or in writing. It should commence on

..... (fill in the appropriate date)

Formula (sachets)

Formula (capsules)

Protein

Alfalfa

Zinc

Echinacea & Enzyme Formula

Whole Amino Acids

Calcium Formula

Other prescribed nutrient/s not mentioned above - please write in here.

Changes to treatment discussed by letter or phone will automatically be adjusted. I understand that my treatment will continue to be monitored and intend to seek your advice should the need arise. Would you please use the credit/debit card as detailed below:

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EXPIRY DATE

ISSUE NUMBER

VALID FROM

VALID TO

Please complete all relevant boxes for your particular card. Some cards do not indicate an "issue number" or a "valid from" date. We do not accept American Express.

Signed

Date