

# Hypo Health News

MARCH/APRIL 2011 (VOLUME 27 No.1)

<p>The Hypoglycemic Health Association of Australia PO Box 830, Kogarah NSW 1485 ABN 6584 6851 613 Phone: 02 9553 0084 Fax: 02 9588 5290 Registered Charity: CFN 16689 Website: <a href="http://www.hypoglycemia.asn.au">www.hypoglycemia.asn.au</a></p>	<p><b><i>In this Issue:</i></b></p> <ul style="list-style-type: none"><li>• Committee Report including Treasurer's Report</li><li>• How to Survive until 2045</li><li>• Recognising a Stroke</li><li>• Vitamin D</li><li>• Sue Litchfield's recipes featuring Quinoa</li></ul>
<p>The Newsletter of the Hypoglycemic Health Association of Australia is distributed to members of the association and to Health Professionals with an interest in Nutritional Medicine and Clinical Ecology. Past newsletters are also available on the website.</p>	<p><b>PATRONS</b></p> <ul style="list-style-type: none"><li>• Dr George Samra</li><li>• Steve McNaughton BE (NSW)</li></ul> <p><b>PRESIDENT</b></p> <ul style="list-style-type: none"><li>• Dr George Samra</li></ul> <p><b>SECRETARY</b></p> <ul style="list-style-type: none"><li>• John P Natoli</li></ul> <p><b>TREASURER</b></p> <ul style="list-style-type: none"><li>• Sue Litchfield</li></ul>
<p>Our next Public Meeting (<b>Annual General Meeting</b>) will be at <b>2pm on Saturday 2 April 2011</b> at <b>YWCA</b> (Check Noticeboard in the lobby near the lift on arrival) <b>5 – 11 Wentworth Ave, Sydney</b></p> <p>Our guest speaker will be <b>Paul Ameisen</b>. His topic will be:</p> <p><b><i>“Vitamin C Injections”</i></b></p> <p>Can you please RSVP to Sue Litchfield on 0418 217 364 or email <a href="mailto:litch.grip@bigpond.com">litch.grip@bigpond.com</a> to assist with the organisation of the catering.</p> <p><b><i>(Don't forget to put the next meeting of the year in your diary: Saturday 6 August 2011 – speaker and topic to be announced in the next newsletter)</i></b></p>	<p><b>CATERING</b></p> <ul style="list-style-type: none"><li>• Reg Grady</li><li>• Sue Litchfield</li></ul> <p><b>AUDITOR</b></p> <ul style="list-style-type: none"><li>• Michael Pendlebury (Chartered Acc't)</li></ul> <p><b>NEWSLETTER EDITOR</b></p> <ul style="list-style-type: none"><li>• Susan Ridge</li></ul> <p><b><u>Paul Ameisen</u></b></p> <p>Paul Ameisen has been practicing for 33 years. Paul Ameisen is recognised as a leader in vitamin therapy. He has a Naturopathy Diploma (QINS) and also holds an Acupuncture Diploma from the International School of Medicina Alternativa.</p> <p>Paul Ameisen has been working with intravenous Vitamin C therapy since 1976. Presently he will be practice solely as a Naturopath. The IV Clinic will continue to be supervised by other doctors within the Vita Centre.</p> <p>Paul Ameisen is the author of 'Every Breath You Take', the first book in the western world about the Buteyko cure for asthma and other diseases.</p>

## **COMMITTEE REPORT INCLUDING THE TREASURER'S REPORT**

Yet another year, and what a start it has been with the floods, cyclones, bush fires and finally, the earthquakes in New Zealand, Hawaii and Japan. Our thoughts go out to those who have loved ones in those areas.

Our congratulations go to Bev Cook in Newcastle - she applied, and was granted, \$ 1,647.80 from the government. This will be of great help to Bev who over the years has worked so hard for the Association. Also congratulations to Dr Samra and his wife on the birth of a beautiful granddaughter.

**SUBSCRIPTIONS** - Please note that subscriptions are all now due and thanks to those who have already done so. It would be very helpful to Sue Litchfield if everyone could please update their email and phone numbers. I have had a few newsletters returned as the recipient has not advised me of their new address.

**NAME CHANGE** - The name change is in process. It takes time to get the wheels in motion, and hopefully, by the next meeting, all the necessary paperwork will be completed, and we can be up and running

**HELP WITH CATERING** - I have asked again, and will continue to do so - is there anyone who can **PLEASE** help out with the catering at the meetings. I sometimes find it extremely difficult to attend some meetings and on a number of occasions have had to forgo my family for the Association.

We are still in a comfortable position financially - there is \$8,700.00 in our savings account and \$370.00 in our cheque account as I write this article. Looking forward to our next meeting and looking forward to seeing and meeting our new members.

**WEDDING BELLS** - Doctor Samra's daughter Nicole is getting married this July, and his son David is getting married this September. We wish them and their partners a lifetime of good health and happiness. Nicole is a Dietitian and Diabetic Educator working in Tasmania. She has lectured to the Association on healthy eating. She is to marry Declan, a wine scientist, who has already proven to be a kind and caring partner. Davis is a medical graduate and works at St George Hospital as an intern. His partner is Zheng a Physiotherapist and they have a lot in common. May they all have long and joyful lives.

**CHOCOLATE** - At long last there is a chocolate on the market made by Well Naturally which is sweetened with stevia. It has five flavours: Dark Chocolate, Mint Crisp, Almond Crisp, Caramel Crisp and Valencia Orange. Anyone wanting more information can look up their webpage: [www.wellnaturally.com.au](http://www.wellnaturally.com.au)

## **ANNUAL GENERAL MEETING**

***IF ANYONE WOULD LIKE TO NOMINATE SOMEONE, OR BE NOMINATED FOR A COMMITTEE POSITION FOR THE AGM, PLEASE CONTACT SUE LITCHFIELD ON THE TELEPHONE NUMBER ON THE FRONT OF THE NEWSLETTER OR ATTEND THE MEETING AND ADVISE THE CHAIRPERSON OF YOUR INTENTION.***

***IT WOULD BE GREAT TO SEE NEW HELPERS EMERGE FROM THE MEMBERSHIP.***

## **'How to survive till 2045'**

By Dr Michael Elstein

Ray Kurzweil predicts that 2045 is the year when immortality will be realized. Technology will allow us to reverse engineer our DNA into a mechanized transport vehicle like an iPhone, which will then allow us consciousness, spirit and all, to exist in perpetuity, provided that iPhone use doesn't undergo any technical meltdown.

This means that we'll be saved the arduous chore of constantly texting once we exist inside the machine, which seems to have become our alter ego. Scrap that, from 2045 the ego will forever exist inside the id. Scoff at Ray Kurweil's predictions at your peril for he is a formidable talent and the closest approximation in real life of the mythical superhero 'Iron Man,' brought to the screen so impressively by Robert Downey jnr before one of his many rehabilitations.

Ray Kurzweil, for those who don't know, is a futurist, an inventor with a collection of patents, which has made him a very rich man and a religious devotee of the anti-ageing movement. His daily routine includes the wolfing down of more the 250 supplements and an assortment of hormones, similar in some ways to the program set out in 'You have the power,' written by myself. Which brings me to what you have to do to stay alive till 2045.....

A good place to start would be to enlist the guidance of an anti-ageing physician. Even Ray Kurweil has one. There aren't many, so you may have to get in quickly. There are two reasons to do this. Firstly, you want to find out, if there are processes going on in your body, of which you are unaware. These secret operations could be setting you up to develop the diseases of ageing like heart disease, cancer and Alzheimer's dementia. Your body is harbouring a hornet's nest of clandestine, nefarious doings and you need to know about them, so that you can execute a preemptive strike.

What you anti-ageing doctor will do is conduct a series of tests which investigate such factors as inflammation, free radical stress, oxidized LDL, the so-called bad cholesterol and homocysteine, a substance associated with dementia and osteoporosis, to name just a few of the potentially harmful mechanisms, that set the body up to age and self destruct. Once you know how much you are besieged by these enemies, the sooner your doctor can place you on a program to reverse these events, before they take hold.

Secondly, you want to boost your functioning and your energy. If you are going to keep going until 2045, you are going to need all the energy you can muster. Here is where your doctor needs to investigate and optimize the four pillars of health discussed in 'You have the power.' This includes maximizing your digestive process, ensuring that you are consuming the foods that suite your biochemical type, seeing to it that your body is served by all the essential nutrients it needs and finally getting your hormones into balance.

All of this requires a series of investigations and then the appropriate management strategies, which needs to be carried out by your doctor. For example, vitamin D, the primary driver of the immune system also activates cortisol, the hormone which sees to it that you don't suffer from hypoglycemia. My experience is that many patients who consult with me don't have operational vitamin D or cortisol, which is why their immune systems are weak and dysfunctional and they have debilitating fatigue. Getting to 2045, alive, means you might have to get into overdrive, if you want to stay with the jive.

Dr Michael Elstein author of 'You have the power.' - [www.eternalhealth.org](http://www.eternalhealth.org)  
Suite 6013D, 6th Floor, Westfield, Bondi Junction Ph: 02 9337 3589

## **RECOGNISING A STROKE**

### ***Michael de Cambray, My Oz Health***

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness may spell disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

- Ask the individual to SMILE.
- Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently).
- Ask him or her to RAISE BOTH ARMS.

If they have trouble with ANY ONE of these tasks, call emergency number immediately and describe the symptoms to the dispatcher.

NOTE: Another 'sign' of a stroke is to ask the person to stick out their tongue. If the tongue is 'crooked', if it goes to one side or the other, that is also an indication.

**VITAMIN D** (Source: BIOCeuticals Website- <http://www.d3drops.com.au>)

### ***Benefits of D3***

The widespread deficiency that is sweeping Australia is becoming an increasing concern for healthcare professionals as vitamin D3 plays an important role in many systems of our body.

#### **Bone health**

Vitamin D3 maintains strong healthy bones. Vitamin D helps us to absorb calcium which we all know is important for bone health.

#### **Muscle strength**

Vitamin D3 maintains muscle strength. Vitamin D3 can also improve non-specific muscle pain which may be helpful in patients with fibromyalgia.

#### **Immune function**

Vitamin D3 maintains healthy immunity. By having an adequate level of vitamin D we are ensuring that our immune system is working optimally to ward off any colds and flus, etc. Exciting research has also shown that it can enhance the body's immune response to both bacterial and viral infections.

#### **Heart health**

Vitamin D3 maintains heart health. Vitamin D can help lower blood pressure. Having a deficiency in vitamin D increases the risk of developing cardiovascular problems.

### ***What Causes Vitamin D3 Deficiency?***

**Not enough sun** - In order to maintain adequate levels of vitamin D, we need to spend some time in the sun, in a sensible way. The Australian Cancer Council recommends a few minutes of exposure to sunlight on most days in summer outside peak UV periods (10am to 3pm). In the winter months, most people will need about two to three hours of sun exposure spread over a week, particularly in the southern parts of Australia.

**Sun protection** - Broad-spectrum sunscreen lotions protect the skin against UVA and UVB rays. However, the body requires UVB rays for the conversion of vitamin D3 in the skin. While it is important to protect our skin from the risk of skin cancers and premature ageing, it is also important to remember that we do require some sun exposure (safe sun exposure) to make vitamin D3. Alternatively, supplementation is a great way to get your vitamin D without sun exposure.

**Dark skin** - If you are dark-skinned, the pigments in your skin reduce UV penetration so you'll need more sun exposure (three to six times more) to make sufficient amounts of vitamin D3.

**Ageing** - Ageing decreases the body's ability to manufacture vitamin D from sun exposure. What's more, as we get older, we don't seem to get as much vitamin D from the foods we eat. If you are over 50 years old, you are more likely to be vitamin D deficient due to a reduced ability to manufacture vitamin D in the skin, and possibly reduced intake from your diet.

**Medications** - Certain medications can impact our vitamin D levels:

Some *anticonvulsants* that are used to treat epilepsy can block the body's ability to convert vitamin D into its storage form. Patients who take anti-epileptic medication have been found to be deficient in vitamin D.

*Statins*, which are generally prescribed to reduce high cholesterol levels, may also block the cholesterol-based precursors in the skin that are required for vitamin D production. Research has found that patients on statin medication with low vitamin D levels were more likely to suffer from muscle pain. It is therefore important to maintaining adequate vitamin D levels while taking statins will reduce your likelihood of developing statin-induced side effects such as muscle pain. Maintaining adequate levels of vitamin D is also important in general for supporting a healthy cardiovascular system.

*Fat binding agents*, which block fat to help people manage their weight, can also upset the body's vitamin D levels. Vitamin D is a fat-soluble vitamin which means that it needs a small amount of fat in order to be taken up by the body. Without fat from the diet, patients may have difficulty absorbing dietary vitamin D.

**Gastrointestinal problems** - If you have gastrointestinal problems such as Crohn's disease or coeliac disease, or suffer from malabsorptive conditions, then you may be having trouble absorbing vitamin D from food. Any condition which has an effect on the gastrointestinal wall may affect the absorption of vitamin D.

### ***Effects of Vitamin D3 Deficiency***

With every new day comes new scientific research highlighting the detrimental effect that vitamin D3 deficiency can have on our health. So far, vitamin D3 deficiency has been associated with:

- Increased risk of cardiovascular problems
- Insulin resistance
- Increased risk of multiple sclerosis and other autoimmune disease (e.g. lupus)
- Increased risk of obesity
- Increased risk of depression and mood disorders
- Increased risk of Crohn's disease and other inflammatory conditions
- Increased risk of cancer including breast, prostate, colon and pancreas

On the other hand, adequate levels of vitamin D are associated with:

- Reduced incidence of upper respiratory tract infection
- Reduced risk of rheumatoid arthritis
- Reduction in hip fractures, particularly in the elderly

**Vitamin D3 supplementation can go a long way to righting a D3 deficiency and preventing chronic health problems.**

### ***D3 Deficiency in Children***

Vitamin D deficiency is not limited to adults. It is also rapidly on the increase in children and adolescents. The number of children who are vitamin D deficient and to a degree suffering from nutritional rickets (soft bones) is emerging as a significant problem for this age group. In children, vitamin D3 deficiency affects bone mass – leading to rickets – as well as immune health. Concern for the rapid increase in vitamin D deficiency in children has grown to the point where paediatricians are questioning which dosage form is best to correct the deficiency.

Dr Craig Munns is a paediatric endocrinologist conducting research at The Children's Hospital at Westmead, NSW, to determine if high dose vitamin D supplementation (Stoss Therapy) is necessarily better than long-term, low-dose vitamin D supplementation to treat vitamin D deficiency in children and adolescents. He's noticed that rickets has started to re-emerge in the last 6-10 years following patterns of immigration and lifestyle changes from greater skin cancer awareness.

"Unless you are taking a vitamin D supplement, you need sun exposure to the skin in order to manufacture sufficient levels of vitamin D, and reduced exposure will contribute to a deficiency. The safest approach might well be to "Slip! Slop! Slap!" and take a vitamin D supplement," he says.

Vitamin D deficiency is also of concern in pregnant and breastfeeding mothers as this can directly affect the vitamin D status of the newborn baby. Vitamin D deficiency in pregnancy can directly reduce the baby's birth weight and limb length well into later childhood.<sup>[17,19]</sup> It can also lower baby's resistance to infections.<sup>[16,18]</sup> According to Dr Munns, "Supplementation can be used right from the start. Infants require vitamin D and even when they are breastfed, there is often only very limited amounts of vitamin D3 in the breast milk."

### **Optimum Vitamin D3 Status**

Have you had your vitamin D levels checked? Are you in the healthy range?

<b>Serum Level</b>	<b>Status</b>
< 50nmol/L (<20ng/mL)	Frank deficiency
< 75nmol/L (<30ng/mL)	Hypovitaminosis D
75-150nmol/L (30-60ng/mL)	Optimal level to maintain health in the general population
>85nmol/L (>34ng/mL)	Level required to reduce colon cancer risk
>130nmol/L (>52ng/mL)	Level required to reduce breast cancer risk
>140nmol/L(>55ng/mL)	Optimal level for at-risk populations: heart disease, multiple sclerosis, autism, diabetes, other cancers

*Source: Vitamin D. Monograph. Altern Med Rev 2008 Jun;13(2):153-64.*

## Vitamin D3 Content in Food

How much vitamin D are you getting from your diet?

Food	IU per serve	% DV
Cod liver oil, 1 tablespoon	1360	340
Cod liver oil, 1 tablespoon	1360	340
Salmon (sockeye), cooked, 85g	794	199
Mushrooms that have been exposed to UV light to increase vitamin D, 85g (not yet commonly available)	400	100
Mackerel, cooked, 85g	388	97
Tuna fish, canned in water, drained, 85g	154	39
Milk, non-fat, reduced fat, and whole, vitamin D-fortified, 1 cup	115-124	29-31
Orange juice fortified with vitamin D, 1 cup (check product labels, as amount of added vitamin D varies)	100	25
Yoghurt, fortified with 20% of the DV for vitamin D, 170g (more heavily fortified yoghurts provide more of the DV)	80	20
Margarine, fortified, 1 tablespoon	60	15
Sardines, canned in oil, drained, 2 sardines	46	12
Liver, beef, cooked, 100g	46	12
Ready-to-eat cereal, fortified with 10% of the DV for vitamin D, ¾-1 cup (more heavily fortified cereals might provide more of the DV)	40	10
Egg, 1 whole (vitamin D is found in yolk)	25	6
Cheese, Swiss, 30g	6	2

IU = international units.

DV = daily value. DVs were developed by the U.S. Food and Drug Administration to help consumers compare the nutrient content of products within the context of a total diet. The DV for vitamin D is 400 IU for adults and children aged 4 years and older. Food labels, however, are not required to list vitamin D content unless a food has been fortified with this nutrient. Foods providing 20% or more of the DV are considered to be high sources of a nutrient.

*Source: Dietary Supplement Fact Sheet: Vitamin D. Office of Dietary Supplements, National Institutes of Health, 2009 Nov 13 <http://ods.od.nih.gov/factsheets/vitamind/>*

## SUE LITCHFIELD'S RECIPES

Much has been written about **Quinoa** of late so I have added a few recipes. As you may be aware, Quinoa can be used by persons unable to consume gluten (eg, coeliacs and wheat intolerant). It is a high protein cereal compared with other gluten free grains and has a slightly nutty flavor. Quinoa flakes are very quick to cook but have less fibre than the whole grain quinoa which comes in white, red and black colours, all of which are quite delicious. When used in cakes, quinoa flour is quite robust in comparison to other gluten free flours.

Quinoa is perhaps one of the most perfect non-animal sources of protein on the planet. What makes quinoa (pronounce keen-wah) unique is that it is the only plant based source of complete protein. "Complete" means that it contains all 9 of the essential amino acids that are crucial to human function and health. Quinoa is a favorite of vegans for this reason.

Aside from being an excellent non-animal source of protein, quinoa contains many essential vitamins, minerals and nutrients. It is rich in manganese, which is pivotal in activating enzymes vital to efficiently metabolizing carbohydrates, and cholesterol. It is also vital to bone development and maintenance.

Quinoa is also rich in lysine. Lysine is one of the essential amino acids and it plays an important role in the absorption of calcium and the formation of collagen. **It is also thought to be useful for the prevention of herpes breakouts and cold sores in some people.** Quinoa is thought to be a “good bacteria” for the gut, the intestines and the colon. It is also a food that is on the low end of the glycemic index (**low GI**). This makes it a great choice for those with blood sugar issues, and if you’re watching your weight, it’s a great addition to a balanced diet.

***Thanks to Michael de Cambray, My Oz Health, for the preceding three paragraphs on Quinoa.***

### **Quinoa Cooking Directions:**

#### **Ingredients**

1 cup Quinoa  
 ½ cup cold water  
 Optional: ½ tsp. salt

#### **Method**

- Soak the Quinoa for 15 min in the cooking pot. Soaking helps quinoa to cook evenly, and loosens up the outer coating of saponin, which can give a bitter taste if not removed. If you don't have time for a longer soaking, use hot water and soak for five minutes.
- To Rinse: Stir the Quinoa with your hand, and carefully pour off the rinsing water, using a fine mesh strainer at the last.
- Drain Quinoa well in the strainer, transfer to the cooking pot, add 1½ cups water & ½ tsp. salt if desired.
- Bring to a boil, cover with a tight fitting lid, and turn the heat down to simmer. Cook for 15 minutes.
- Remove Quinoa from heat and allow to sit for five minutes with the lid on.
- Fluff Quinoa gently with a fork and serve.
- Quinoa is a delicious alternative to Rice and also makes a great risotto.

### **Quinoa Pilaf**

#### **Ingredients**

1 cup Quinoa  
 1 celery stalk, trimmed & chopped in small dice  
 ½ sweet red pepper, chopped in small dice  
 ½ cup cooked chickpeas - canned ones can be used but please rinse thoroughly before using  
 1 Tbsp olive oil  
 2 - 3 garlic cloves OR ½ tsp. garlic powder  
 1 Tbsp peeled & minced fresh ginger OR ½ tsp dried ginger maybe used but not as nice  
 ½ tsp brown mustard seeds  
 1 bay leaf  
 ¼ tsp. turmeric  
 ½ tsp ground coriander  
 ¼ tsp cumin  
 ¼ tsp thyme leaf  
 ½ tsp salt  
 1 ¾ cup water or soup stock

Optional: 2 cups chopped spinach or chard OR ¼ cup minced parsley or coriander OR ½ cup frozen peas

Fresh ground pepper to taste

### Method

- Soak Quinoa 15 minutes, rinse twice, leave to drain
- Heat olive oil on medium low in a saucepan or sauté pan
- Peel & mince garlic & ginger, sauté with mustard seeds for 5 minutes
- Chop celery and red pepper, add to pan and sauté another five minutes
- Mix in the bay leaf, turmeric, coriander & cumin
- Turn the heat to medium high. Add the Quinoa and stir until it's dry and starting to pop
- Add 1¾ cups of hot water or stock, and salt. Bring to a boil, cover, and simmer 15 minutes
- Stir in the optional greens, peas, parsley or coriander, and fresh ground pepper
- Cover and cook 5 more minutes, then serve

### Porridge

#### Ingredients

2 cups of milk of choice

1 cup Quinoa

Sweetener of choice

½ teas cinnamon

### Method

- Heat milk in a saucepan over a medium heat till boiling.
- Add Quinoa, stir and return to the boil.
- Reduce heat to low and simmer for 10 minutes until most of the milk has been absorbed.
- Add cinnamon and sweeten to taste, cover and simmer for another 5 minutes until all the milk had been absorbed and the Quinoa is tender
- Serve with fresh chopped strawberries and blueberries and a dollop of yoghurt of choice.

### Banana Muffins

#### Ingredients

½ cup Quinoa flour

½ cup Quinoa flakes

2 tabs rice syrup

2 teas baking powder

½ teas salt

2 very ripe bananas mashed

2 eggs

### Method

- Preheat oven to 180 deg. fan forced
- Mix dry ingredients together. In a separate bowl, beat eggs and add rest of the ingredients, mix well. Add to dry ingredients. Pour into greased muffin pans. Bake for 20-25 minutes
- Note only fill the muffin pans half full