

CARING CLINIC NEWS



I'M WELL

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I'M HAPPY

THIS BULLETIN IS DEVOTED TO THE BENEFIT OF INFORMED CHOICE

Cancer, Asthma and other frighteners.



There is a hazard of using such a headline the writer can be sure that the sentiment will either provide a spur for the reader to read on or it will be a complete turn off. It is likely the person that would sooner not read on is the one that is likely to benefit most from the content.

Fortunately there is now a consensus that is getting reasonable exposure in the media that suggests 50% of cancers are the result of life style choices. With applied knowledge **more than 70% of cancers could be prevented.** There has been less exposure to the idea that **asthma is another health issue that responds very well to self help techniques.** A change of eating pattern coupled with the use of controlled breathing using the Buteyko method can, with practice and time, see a dramatic reduction in the need for medication.

The approach to preventing cancer and most other degenerative, so called western diseases, is not dramatically different. It is simply a matter of being open to the idea that continuing to do what you have always done might not be the most beneficial way of doing things. **Be aware of what you do and, more importantly, why you do it!**

Personal development courses exist in abundance but they mostly focus on career and financial success but the basic message gleaned from such courses clearly indicates that prevention is easier than cure. The basic message that needs to be understood is that **if one wants to be successful you study successful people and replicate what they do.** Healthy people do not study illness they look at what healthy (successful) people do and then replicate the same for themselves. In both scenarios **the emphasis is on self help,** which by definition means there needs to be a high level of motivation to bring about change to find the benefit. Sadly it is easier to motivate people to achieve financial success but too often this leads to single minded striving for financial success that can easily be at the expense of health. Sadly too many of us do not worry about our health until the pain or debility is such that we can not carry on. **Rest and nourishment are equally important factors to money for a truly successful (healthy) life.**

Cancer and all that.

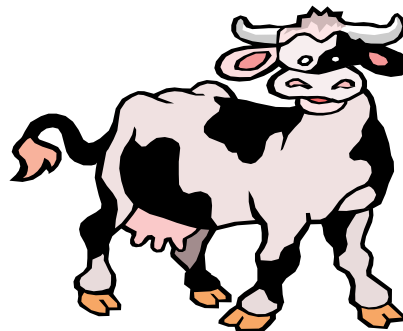
The word Cancer carries with it a highly charged, mostly negative, image and can be a real frightener for most people at the time of diagnosis. Twenty-five years after such a diagnosis and with twenty-one years experience of helping people with that sort of prognosis I am convinced that people who are able to learn to help themselves have a much better outcome. This view is endorsed by many independent studies.

Recently **I was at a three day Master Class on Cancer Care where very new research was being explained.** The three days were part of an MSc course and was also open to post graduates and therapists working with cancer patients. This means **The Caring Clinic now has Salvestrols available**, note the plural, these are the constituent parts of food that create bitterness. **More importantly an enzyme, CYP 1B1, that is almost exclusive to cancer cells activates the benefit of Salvestrols**, i.e. Salvestrols taken when there is no tumour- no action. This is providing a lot of excitement in complementary cancer care. Research also confirms that these naturally occurring products can be safely used along side other medication. Additionally **we were introduced to another new product called Asphalia that provides about 2mg of Melatonin**, from vegetable source, without inhibiting the natural function of the pineal gland. This is a much safer and more effective product than the higher strength supplements only available via the Internet in this country. **The cancer interest relates to many studies relating low melatonin levels with lowered immunity**, it has long been accepted that **melatonin products are particularly good at normalising sleep patterns**. Asphalia is also proving helpful for **autism** and low levels of melatonin is a major factor in developing **wrinkles**.

Interestingly Salvestrols came into being because Professor Gerry Potter asked a

reverse question, not why do we some times get cancer but **why do we sometimes not get cancer?** Asphalia came into existence through concerns by Doctor Roger Coghill about the effects of electromagnetic forces and radiation on the pineal gland. At The Caring Clinic **we now have a meter that you can hire to check the levels of risk, both electrical and electromagnetic** that you are exposed to in your own home, and may be your work place. More information is available from The Caring Clinic, and websites, the quality of the meter used does seem to be important. As ever quality and cost go together but to overcome this we have bought a meter that is now available for hire **for just £10 per day, why would you not check out your risk factors?**

At a completely separate lecture given by Professor Jane Plant my concerns about the role of **dairy** in our diets was more than reinforced. She is **unequivocal about its role as a causative factor in developing cancer**, and is particularly anti cheese. In her own case, existing and developing tumours disappeared within a few weeks of eliminating dairy.



In subsequent studies, based on the areas in China where dairy is not used, she found that the existence of Breast and Prostate Cancer is virtually unknown. I was already aware of other studies based on WHO (World Health Organisation) figures that show that in every community **the greater the use of dairy the greater the incidence of heart fatality**. People need to be aware of these factors because there is no doubt prevention is easier than cure!

Brian Hampton, July 2007

Buteyko and Asthma-a book review.

In the same way that I feel passionate about helping people to avoid cancer **Michael Clarke is passionate about exposing people to the Buteyko method of breathing to overcome the challenge of living with Asthma** and all the fear and medication that goes with it.



His approach seems more pragmatic and more patient centred than most practitioners and is very holistic. The book is called “**How To Swap Asthma For Life**” and should be essential reading, and action, for anyone trying to live with this condition, whether it is for themselves or a member of their family. It is available from The Caring Clinic costing £14.99 and includes a DVD that can be used to help apply the technique. At this time it is not available on Amazon or the like.

Further thoughts on Asthma.

Dairy avoidance is my first thought for anyone dealing with Asthma for a number of reasons. Firstly it is a product that encourages the body to produce a lot of mucus, and hence congestion, it also tends to aggravate allergy problems often cited as a factor in asthma. In fact for any breathing problem including sinus, bronchitis, catarrh, hay fever and glue ear even, dairy can be considered the top contender for being a problem. In the book Michael Clarke expresses major concerns about our over dependence upon wheat. A view I fully agree with. If you must have a white liquid consider using all or some of the following, coconut milk, almond milk, oat milk, rice milk and soya milk.

Brian Hampton, August 2007

Milk/ Dairy is good for whom?

Milk and other dairy products make up a high percentage of the British diet with supermarkets using the price of milk as a “loss leader” to attract us in and come in we do. **The UK consumes 40% of EU dairy products but only represents 20% of its population.**

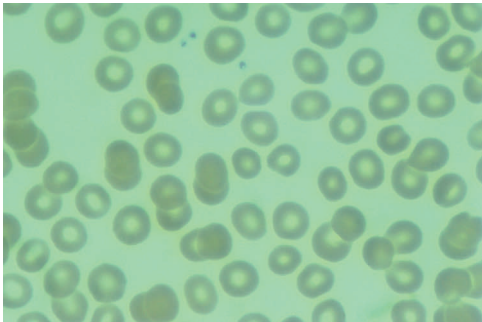
Surely this is a good thing as dairy is considered an essential source of calcium, protein and iron. Patrick Holford and others’ opinion is that **milk is not a very good source of many minerals** and that the minerals manganese, chromium, selenium and magnesium are found in higher levels in fruit and vegetables. Most important is magnesium; which works alongside calcium. The ideal calcium to magnesium ratio is 2:1. We need twice as much calcium as magnesium. However milk has a ratio of 10:1 and cheese 25:1 therefore **relying on dairy products for calcium is likely to lead to a magnesium deficiency and imbalance.** Eating seeds, nuts, carrots, cauliflower, kale and other crunchy vegetables will provide both these minerals and others in the right ratio for what our bodies need.

Some of you may be questioning of this apparent attack on milk and dairy when we have grown up with milk being given out in our schools. As undoubtedly calcium is needed for bones and as already said milk is high in calcium but that does not mean that milk is good for bones. It highlights the myth that plant sources are less dense and thus a poor source of calcium. Interestingly **calcium in milk is not as well absorbed as that found in dark leafy vegetables.** This is to do with the ratio of calcium to magnesium and that our bodies need to compensate for this when milk is consumed. Consistently eating foods in the wrong ratio i.e. milk and cheese can have the opposite effect to strengthening our bones and weaken them, as our bodies draw magnesium from our bones and muscles-our hearts being the most important muscle.

(Continued on page 4)

Our own bodies actually produce an anti-body to milk and approximately 70% of people stop producing the enzyme lactase needed to digest milk sugar after they have been weaned. Perhaps we should listen to our bodies?

Cows milk is designed for young calves not adult humans and is very rich in Insulin Growth Factor (IGF) particularly type 1. Due to modern farming methods, where cows are reared to produce milk during pregnancy, this milk has more IGF1 and is rich in oestrogen. This is precisely what the young calf would need but is it what we need? The late John Lee, in his book "What Your Doctor May Not Tell You About Breast Cancer", argued that oestrogen dominance was the primary cause of breast cancer. Oestrogen is the hormone that makes things grow, hence why young calves need it, too much in adulthood could cause abnormal cell growth especially if not balanced with the hormone progesterone (which keeps cells healthy).



Dairy consumption may be one of the main reasons why people in the West have a much higher risk of developing prostate and breast cancer. For example the chances of women dying of breast cancer are 1 in 10,000 in China compared to 1 in 10 in the UK. The mathematically minded among you will have noted that this is only a correlation and not causation, as it could be a number of factors and not just the difference in dairy consumption. May be it is genetic? However Chinese men emigrating to Europe soon end up with a similar risk as their western counterparts. May be the difference is environment?

China is less urbanised than the UK but in highly urbanised Hong Kong the risk of breast cancer among women is 1 in 300, still substantially lower than the 1 in 10 in the UK. Patrick Holford's educated guess is that the hormone disrupting chemicals present in our food, including milk, is the reason for the higher rate.

The only way to limit your intake of growth hormones and other chemicals that are found in what we eat is to eat organic food and if you are having milk then have organic milk. Of course organic dairy and milk still has the wrong ratio of calcium to magnesium that our bodies require.

(Sources: Optimum Nutrition Magazine Spring Edition. P. Holford's New Optimum Nutrition Bible) - Robert Sellars, July 2007.

BREAST IS BEST: It even protects babies against HIV infection

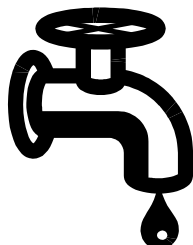


A new study has found that African babies who are exclusively breastfed are far less likely to develop HIV-1 infection. This new discovery is at odds with earlier findings, which had suggested that breast milk was one of the main ways that the infection is transmitted, but it appears that those babies were also eating solids along with breast milk. **When researchers looked at babies who were being exclusively breastfed, they found they were developing a natural immunity.** In fact, babies who were breastfed and being fed solids were almost twice as likely to die from infection than those who were exclusively breastfed. (Source: Lancet, 2007; 369: 1065-6).

What Water Do You Drink?

This article is about the value of water filtration. In London and the South East avoiding tap water on the grounds of taste alone is seen as a worthwhile expense but **the cost of bottled water is high, as can be the bacteria count.**

Arguably water arriving at our taps “wrapped” in Chlorine is a useful means of keeping bacteria and germs at bay.



Packaging is used to keep food fresh and no one eats that but chlorine cannot be seen, so we blithely drink it. Chlorine has many known risk factors attached to its use including the destruction of lactobacillus Acidophilus, an important probiotic. It can knock out Alpha Tocopherols (Vitamin E) from your system and is linked to High Blood Pressure, Anemia and Diabetes. It oxidizes fatty contaminants in water creating free radicals that are associated with Arterial damage and the initiation of cancers particularly pertinent to bladder and rectal cancers. A further negative can be the destruction of Essential Fatty Acids. There are, of course, other contaminants in the water we drink from the tap including Lead Aluminum and excess radioactive Iodine in some areas.

To fully protect ourselves from all of this we would need to insist upon Reverse Osmosis purification of our drinking water. Since 1983 Brian and his family have relied upon a simpler and more cost effective six stage filtration system, which removes all chlorine and most other contaminants at the cost of about 2p per litre. With a “third tap” in the kitchen, all water that is ingested or touches food i.e. washing and cooking, makes such a system vastly superior to the jug filters that have limited use and the cartridge must be changed every month.



The FW1000 Fresh Water Filter system currently in use at The Caring Clinic only requires two cartridges per year and these are routinely supplied by post and are easy to fit.

On and off over many years we have looked at ways of making such filtration systems more accessible to the general public. At long last we now have a procedure by which anyone buying such a system can save 10% on their purchase providing they quote “HAMP968822” at the time of ordering.

The current cost of the basic system FW1000 is £288.90 including VAT and delivery. Installation can be included for an additional cost of £75 + VAT i.e. £88.13 n.b. no discount on postage and packaging. Other more specific systems are available including whole house systems. Check out their website www.freshwater.com or telephone 0870 442 3633, their address is Fresh Water Filter, Carlton House, Aylmer Road, London, E11 3AD.

VITAMINS: They can be great – if you take them

Have you ever wondered why it is that, on one day, researchers tell us that some vitamin is good for us and then, on another day, other researchers reveal that it has no health benefit whatsoever? One of the keys to effective supplementation is a regular, and consistent, regime – and, human nature being what it is, many people skip a day or three. Unfortunately, researchers almost never pick up on this, and so make the false assumption that everyone is taking the vitamins exactly when they should. The result? The vitamins don't work. A case in point is recent research into vitamin D and calcium, which has discovered that the supplements can help prevent osteoporosis and fracture in post-menopausal women. The result showed a 'modest' improvement, but it could have been a substantial one, the research team says, if the participants had kept taking the tablets. (Source: New England Journal of Medicine, 2006; 354: 669-83).

WOULD YOU RECOMMEND THIS TO YOUR DAUGHTER?

The Department for Health will add the controversial immunization jab that Big pharma claims protects against a sexually transmitted human papilloma virus, which causes cervical cancer, to the childhood immunization programme from Autumn 2008. For the jab to be effective it needs to be given to girls before they become sexually active. This is where the moral controversy has been stirred up with some groups suggesting that once a girl of 12 years (the proposed age) has been given the jab then this is effectively a green light for them to be sexually active.

There are concerns about the vaccination itself. In the United States, where the vaccine has been used in some states for almost a year, 3 people have died soon after receiving the jab. They were 12, 19 and 20 years old and seem to have suffered heart attacks or blood clots. The vaccine has also been linked to 1700 adverse reactions including paralysis, seizures and miscarriages. The manufacturer Sanofi Pasteur MSD said the fact that symptoms were reported after a vaccination did not necessarily mean the vaccine caused them. A spokesman for the Medicine and Regulatory Agency said that no proven serious new risks have been identified but the effects of the vaccine would be monitored when it was used in the United Kingdom. Most trials of this drug have been on adults, suggesting that monitoring the situation when the drug is introduced could be actually making the girls in the UK guinea pigs for the vaccine. This is the opinion of a west midland GP Dr John Oakley. When even GPs have concerns about the drug this could be a sign that it requires further investigation before being brought in

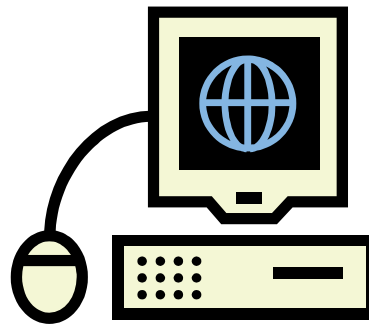


This whole case is another example of why the compulsory requirement in the United States to report every possible or likely reaction to the drug monitoring authority FDA is so very important in providing consumers access to information they need to make an informed choice. In the case of the sex vaccine, as it has been referred to, we have the lobbyists “Judicial Watch” to thank for obtaining the data under the freedom of information act as the manufacturers had not planned to release the data.

(Source: Lucy Johnston’s article in Sunday Express 24th June 2007 and WDDTY E-News)

Wi-Fi Health Warnings

Is Your Broadband Harming Your Health?



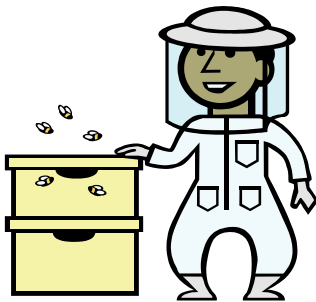
The more research I read on the dangers of electromagnetic radiation (EMR), from mobile phones and especially from wireless networks (wLANs, otherwise known as Wi-Fi) installed at home, the more convinced I am of the importance of creating an electromagnetic free home environment.

The big problem with wLANs is that, unlike your mobile phone, they are on and broadcasting, 24 hours a day. The signal also has to be very strong, which is why you can often pick up a wireless network from two houses away, and it gives off radiation similar to emissions from mobile phones and phone masts. Recent research has linked radiation from mobiles to cancer and to brain damage, and many studies have found disturbing symptoms in people near masts. Just last week the dangers of Wi-Fi in schools made headlines when it was announced that Sir William Stewart, the (Continued on page 7)

Is There A Sting In The Tail For Mobile Phone Use?

Mobile phones could cause massive food shortages. Some scientists have suggested that our love of mobile phones could put the world's harvest at risk.

The theory is that the electromagnetic radiation given off by mobile phones and other hi-tech devices interferes with bee's navigation system and prevents them finding their way back to their hives and leading to the disappearance of the bees that pollinate crops. Colony Collapse Disorder (CCD) occurs when a hive's inhabitants suddenly disappear, leaving behind queens, eggs and a few workers and the vanished bees are thought to die singly away from the hive. The parasites, wildlife and other bees that would normally raid the pollen and honey do not go anywhere near the abandoned hives.



Now some of you may be asking the question "Where is the evidence that mobile phones and other electromagnetic devices are the cause? The evidence is far from conclusive but Dr Jochen Kuhn who carried out a study at Landau University in Germany found that bees refused to return to their hives when mobile phones were placed nearby and said that it could provide a "hint" to a possible cause. Furthermore Dr George Carlo, who headed a massive study by the US government and the mobile phone industry of hazards from mobiles in the nineties, said, "I am convinced the possibility is real".

So how bad is the problem on Colony Collapse Disorder? It was last autumn when the first alarm was sounded in America but it has now affected half of all American States and the West Coast is thought to have lost 60% of

its commercial bee population and the East Coast has 70% missing. It has since spread to Europe and in April John Chapple, one of London's biggest beekeepers, announced that 23 of his 43 hives had been deserted. There have been other reports of losses in the UK but the government insisted, "There is absolutely no evidence of CCD in the UK".

If this was to continue then the implication for the survival on the human race is bleak. The majority of the world's crops rely on pollination by bees and it was Albert Einstein who once said that: - **"if the bees disappeared man would have only four years of life left."**

(Source: Independent On Sunday 15th April 2007)
Our thanks Giles for bringing this one to our notice



Wi-Fi (continued from page 6)

chairman of the Health Protection Agency, wants pupils to be monitored for ill effects from the networks which are being installed in classrooms across the nation. Personally, I wouldn't want myself, or my children, to be permanently exposed to such signals. Most people don't realize how easy it is to create an EMR free home, without losing any of the immediate broadband access that wLAN networks offer. Instead of wLAN you can use 'dLAN'. This safe alternative is simply a box that plugs into any mains socket, with a lead that plugs straight into your computer. In effect it turns your household mains wiring into a hi-speed network. You can plug the box (or buy two or three) into any socket and you are instantly on broadband with no invisible EMR zapping your family.

It's also very reasonably priced and takes only a minute to install. I've got three; one for my wife, my daughter and myself. It means that we can all be on hi-speed broadband at the same time in any room we choose simply by plugging a lead from our computer into the dLAN box that goes into the mains socket. This also means that any computer can 'see' any other device. For example, you could send something to print from anywhere in the house.

(From Patrick Holford, 100% Health E-News)

SCHOOL GRADES SUCCESS WITH FOOD FOR THOUGHT

Last September Trevor McDonald challenged me to transform one of Britain's lower SAT scoring primary schools in just eight months. I am delighted to report that a change in diet, plus daily supplements and exercise as introduced by my team of Food for the Brain experts has brought about significant improvements in the school's SAT scores, together with remarkable improvements in the majority of the children's behaviour, attention and learning abilities. The impressive results were aired on the 13th July on ITV's Tonight with Trevor McDonald.

Following last year's SAT scores, Chineham Park Primary School in Basingstoke, Hampshire, was under a 'notice to improve' by Ofsted inspectors. But since taking part in the Food for the Brain project, the proportion of pupils achieving the government's target score of 4+ in English is up from 71% to 86%, from 50% to 71% in Maths and from 50% to 64% in Science. *"We are really delighted with these results."* Says Gwen Clifford, the school head. *"The Food for the Brain project has had a very positive impact in school."*

What is even more important for me, however, is the feedback from the parents and teachers themselves. At the start and completion of this 8 month project both parents and teachers rated various aspects of the children's learning ability and behaviour on a widely used Conners test. Parent Conners ratings demonstrate how pupils at Chineham Park Primary School have made dramatic improvements at a high level of statistical significance ($p < 0.001$) in a number of measures including:

- . Lack of concentration and inattention (12% improvement)
- . ADHD symptoms (13% improvement)
- . Hyperactivity and impulsiveness (13% improvement)

Parents also recorded the children as less defiant and better behaved, while teacher Conners ratings showed improvements in

similar scales, most notably at a high level of statistical significance ($p < 0.001$) in:

- . Lack of concentration and inattention (9% improvement)
- . ADHD symptoms (9% improvement)
- . Hyperactivity and impulsiveness (9% improvement)

While these results occurred for the school as a whole children who had initial ratings above 60 at the outset, indicating learning, attention and behaviour difficulties, showed greater degrees of improvement.

According to educational psychologist Melanie Herff, who analysed the results *"These results are very encouraging. With one in six children in Britain, and one third of children in this school, having special educational needs, it is vital that this approach be further explored."*

The Food for the Brain initiative involved:

- . Increasing awareness of the link between food and mental health with cookery workshops for both children and parents and educational activities with the children growing their own vegetables
- . Improvements in the Breakfast Club and healthier school lunches
- . A ban of sugary drinks and sweets
- . Daily supplementation with a multivitamin (Higher Nature's Dinochews) and an essential fat supplement (Equazen's Eye Q)
- . Daily SAQ exercises (Speed Agility Quickness)

For the first time we have combined diet, supplements and exercise while measuring changes in the children's behaviour and learning in a primary school. Earlier this year we reported dramatic improvements in a school for children with special educational needs. Significant improvement in most measures of learning, behaviour and attention have occurred following the same winning formula of daily supplements, improved diet and exercise. The SAT scores have greatly improved and some children with the most challenging behaviour and

learning problems have improved dramatically.

The children are much more aware of what food is good for the brain. They are growing their on vegetables, most are eating fruit every day and the now healthier Breakfast Club attendance has gone for 8% to almost 40%. School meals have improved, but this hasn't resulted in a drop off in school dinners, as has been seen in other schools taking part in less holistic healthy eating initiatives. We have helped Chineham Park Primary School parents and children to develop a new culture around food and nutrition that is sustainable and affordable.

Gwen Clifford, Head Teacher of Chineham Park Primary School comments: **"We are delighted with our results and the progress that is evident across the school. The project has had a very positive impact in many different ways. Children are much more aware of healthy eating and healthy lifestyles. As a result, they are happier, have improved attitudes towards themselves, their school and their learning. I have no doubt that the Food for the Brain project has helped us to move forward. We've also been able to complete our work to gain the National Healthy Schools Award. The Food for the Brain project should be a project for all children and families anywhere and everywhere."** Other teachers also noticed improvements. *"There is a much more positive attitude to learning. Children don't seem so hungry or hyper and they are much more willing to have a try at everything"* says class teacher Barbara Thomson.

What the Children and Parents Say

Many individual children enjoyed and reported benefit from the Food for the Brain project.

'It's been fun. I like doing the SAQ exercises'

'It's making me eat healthier food, I like taking vitamins';

'We've changed our diet at home and eat more vegetables';

'I like adding seeds to food like yogurt'

Jamil, age 7, was easily distracted, hyperactive and had difficulty concentrating. He suffered from asthma,

the time. He was also a fussy eater. Jamil was tested using York Test's food intolerance test which found he was intolerant to milk. Now all that has changed. *"His behaviour is definitely better. He's calmer and less defiant and doing better at school. His constant headaches, earaches, colds and coughs have gone."* says his mother Claire *"He's eating better and open to trying new foods. I think avoiding his allergy foods has made a real difference."* **Harry, age 8**, found it difficult to interact with his peers and was shy. He lacked confidence and had some learning difficulties. According to his mother Joan he's now more confident, less anxious, getting on well at school and with his peers. *"He's doing really well. His writing is coming on, his reading is improving and he's much calmer. He no longer has frequent colds and earaches. The youth club leader said he's a different child - the best he's ever been. I'm very pleased."* **Brother and sister Joshua, age 7, and Abbie, age 11**, were both struggling at school. Abbie's concentration was her weakest area. She also had a very sweet tooth and resisted any improvement in diet and had stomach aches every week. They were both found to have a number of food intolerances and reduced their exposure to intolerant foods. According to her mother Claire *"Her concentration is much better, she's improved her diet and no longer has weekly belly aches. She's more confident."* Joshua was struggling with reading at school and badly behaved at home. He also didn't sleep well. His mother says that *"He's sleeping fine now. He's concentrating better and now enjoys reading."*

Tommy, age 7, had trouble sitting still, listening and following instructions and had frequent temper tantrums. His mum, Katy, says that the whole family has benefited from the Food for the Brain Schools Project. *"We are all eating more healthily and our home has a distinctly calmer feel to it. It's a happier place to live"*. Tommy's reading and writing have come on *"leaps and bounds"* and both he

old brother have improved concentration and energy levels.

Shaun, age 7, had difficulty sitting still and wasn't making good progress at school. Now his attention and abilities at school have improved significantly. *"He has gone up 4 or 5 reading levels in just 4 months and has had an amazing improvement in his maths"*, says his mum Dani. *"His interest in learning has rocketed. Shaun is now happy to sit and read at home which he wouldn't before and also enjoys playing games with the family now whereas in the past he would get frustrated, chuck it in and stomp off. Because Shaun is able to sit and focus for longer periods, we're able to enjoy family outings and activities more than we previously would. We went to Chitty Chitty Bang Bang a couple of weeks ago and Shaun sat through and enjoyed the entire show which would never have happened before."*

What the Experts Say

Professor Helga Refsum, professor of Nutrition at Oslo University and visiting professor of nutrition at Oxford University, comments: *"These preliminary results are really quite striking and I look forward to the full details. With such a study, one cannot identify the cause of the improvements. Ideally, further controlled studies should be done in which changes in nutrition are separated from changes in physical activity and the attitudes of children, teachers and parents. These scientific questions are important, but perhaps what matters most of all is that the overall approach of 'Food for the Brain' has had such beneficial results in practice."*

Dr David Woodhouse, University of Teesside, principal lecturer in psychology and director of the Cactus Clinic, comments: *"We tested a sub-group of ten children with behavioural or learning difficulties using the Test of Variables of Attention (TOVA) test, a computerized test that measures inattention and impulsivity. Based on the initial testing programme seven children tested on the TOVA had scores that were in the ADHD range and three children were within normal limits. First Post test scores at three months indicated that seven improved their scores on the test with only one child showing no improvement and two not appearing for the test. All the children showed improvement in impulsivity. Out of the eight tested only four remained in the ADHD classification with all children moving towards normal limits. On the final Post test of all of the four that had still scores within the ADHD classification were now within the normal range. However two of the remaining children did not perform as well as they had on previous tests and had scores that fell within the ADHD range. Overall the TOVA*

testing would appear to indicate that there were beneficial aspects to the Food for the Brain intervention conducted at the school and, although with limited numbers, there was a significant reduction in overall impulsivity and a general improvement in alertness and responsiveness suggested by the test results."

Sarah Naylor from SAQ International, whose functional exercise programmes are now part of the school's daily routine, explains that *"There have been marked improvements in balance, co-ordination and fitness levels with more children getting involved in sport and physical activity both inside and outside of school. These improved levels of participation have made a significant contribution to increased levels of self esteem and self confidence not just in physical activities but in the children generally."*

Dr Rona Tutt OBE, Chair of the Food for the Brain Foundation and Past President of National Association of Head Teachers *"This has been a very timely and worthwhile project. It has illustrated the influence of nutrition on both learning and behaviour. I hope it will be possible for many more schools and children to benefit from this approach to pupils' well-being."*

The Next Step

The scale of these results has not been achieved by diet alone. This project suggests that an improved diet, plus supplements and daily exercise might be a winning formula. Our next task is to find out exactly what is making the difference - is it the diet, the supplements, the exercise, the change in awareness or all of it.

Whatever the reason involving parents and children every step of the way to take on board a healthier lifestyle is certainly key to a successful outcome. We hope that transformations like this will make the Government sit up and listen and provide the necessary funding for further research and support Food for the Brain projects in other schools in Britain.

Further information can be found at www.foodforthebrain.org

Originally I was going to précis this article or at least leave out the comments of the children, but their comments are so strong that for me it indicates that this is the obvious way forward. Ironically similar projects involving Optimum Nutrition were in hand showing similar results at the time of my studies in 1985/86, which begs the question just how many studies are needed to bring about change?

PAM'S PAGE

AWARENESS

In June Brian and I went to Wales to celebrate the Solstice. It is good to recognize the rhythms of nature but this time even more so as the earth is obviously in a time of upheaval. We are required more and more to acknowledge the various elements at play here, including our involvement and the changes we need to make. Basically it is about changing our awareness/consciousness and treating the world/others as we would like to be treated.

Traumatic events, be they the effects of extreme weather,



personal illness or crisis often lead us to find alternative ways of dealing with things. If approached positively, and in a balanced and harmonious way, they can help us to find new wisdom, understanding, awareness, compassion and ways of living that benefit all and ultimately may even feature as new evolutionary paths. This is healing, which often, although not always, also brings about a cure.

Bach Flower Remedies are simple remedies made in tune with nature. They are inexpensive and easy to administer and can **readily support any severe or life threatening illnesses, such as cancer**, which Brian has mentioned. An initial response to being told one is seriously ill can be **shock and trauma**. **Star of Bethlehem** and **Rescue** are very useful here.

Fear of illness, or even death, is helped by **Mimulus**. If the fear is **extreme** then **Rock Rose** is indicated. If there are **vague fears** around, which you can't quite put your finger on, then **Aspen** is the remedy to use.

Fear of **losing control** is helped by **Cherry Plum**. Fears and **worries about how others might cope** indicate **Red Chestnut**.

Sometimes there is a **resentment** or 'why me?' and **Willow** can be of help. This is **also** useful if there is **bitterness** over a previous wrong or slow diagnosis. **Vervain**, for a sense of **injustice**, can be added. Maybe decisions need to be made, for example what kind of treatments to go for or who to tell or not and **Cerato** can help.

Larch gives **confidence** to stick up for your needs and **Centaury** can also assist if you let others brow beat you. **Gorse** is useful at times when there may be set backs or a **lack of hope**. For **faith** use **Gentian**. If the big black cloud of **depression** descends, then **Mustard** can be added. If it seems like the end of the road, **Sweet Chestnut** can help with the **anguish**.

Those who feel **overwhelmed** and **defeated** may need **Centaury** or **Wild Rose**, whilst those who struggle on **against all odds** require **Oak**. **Hornbeam** and **Olive** help **tiredness** and **exhaustion**.

A feeling of being **invaded** requires **Crab Apple**. **Walnut** is helpful, especially during **recovery**, to aid transitions and re-adjustments.

This is by no means an exhaustive list, but it gives some idea of remedies that can be used. Don't worry if you think you need them all! Just start with one or two. In essence, up to five or six remedies can be used at any time. Two drops of each remedy are added to water in a glass and sipped. Or the easier option is to use a dropping bottle and then take four drops on the tongue at least four times a day. The remedies can be used alongside any other medication.

(Continued on page 12)

PAMS' PAGE (Continued from page 11)

They are safe and can be used for children, babies, animals and pregnant mums.

Sometimes the remedies are only needed for a short period of time, sometimes they are needed for a few months.

Brian mentions the Buteyko method for asthma, which focuses on diet, breathing and exercise.



Breathing seems such a natural thing to do, but I have found that learning to do it properly can have profound effects. From childhood until my thirties, **I had bronchitis every winter and pneumonia five times. Then I read a book and learned how to breathe! I used the exercises daily, especially whilst walking to work and I have had no chest illnesses since.**

There are many ways of healing one's self, contributing to the wider healing. It is good to investigate, read about, learn and experience the different ways starting with whichever one feels right for you. If you are bewildered as to where to start, the Bach Flower Remedy Wild Oat will help to clarify the issue. Above all follow your heart.

PAMS' ROUTE TO AWARENESS

HYPNOTHERAPY

Help for you to reach your full potential through relaxation and connection with your unconscious mind and inner resources. For resolving specific problems, regression where appropriate, managing stress positively and enhancing the quality of everyday life.

HEALING

A gentle yet powerful way of restoring balance and harmony in mind, body and spirit.

The healer helps you to relax physically and mentally and then places their hands on or near you to allow the healing energy to flow. Healing is non-denominational and works beyond distinctions of race, class or religious belief.

COUNSELLING

Emphatic and compassionate help with personal problems, anxiety and depression, life situations, growth and awareness.

Taking the first step and talking to someone is not always easy but it is the first step on the road to recovery.

THE 90% DIET

This is the title of a book Brian wrote last year and some copies remain. It is his observation that **applying the simplest and basic concepts of nutritional therapy has solved 90% of the health problems for 90% of the many thousand clients he has helped.**



Many of his clients have bought the book to use as a recap. of the issues covered in earlier consultations, others have bought the book to introduce the idea of nutrition as a therapy to friends and/or family. The book is **an investment in anti-aging** and modestly priced at just £7.95.

Does your group need a speaker ?

One of Brian's' greatest pleasures is being in front of an audience sharing his knowledge. His talks are not formal, usually based on a questions and answer basis and always a lot of fun. Please phone for more information.

Health Through Awareness