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a holistic approach to health and healing

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**CLIMATE
ECOSYSTEMS
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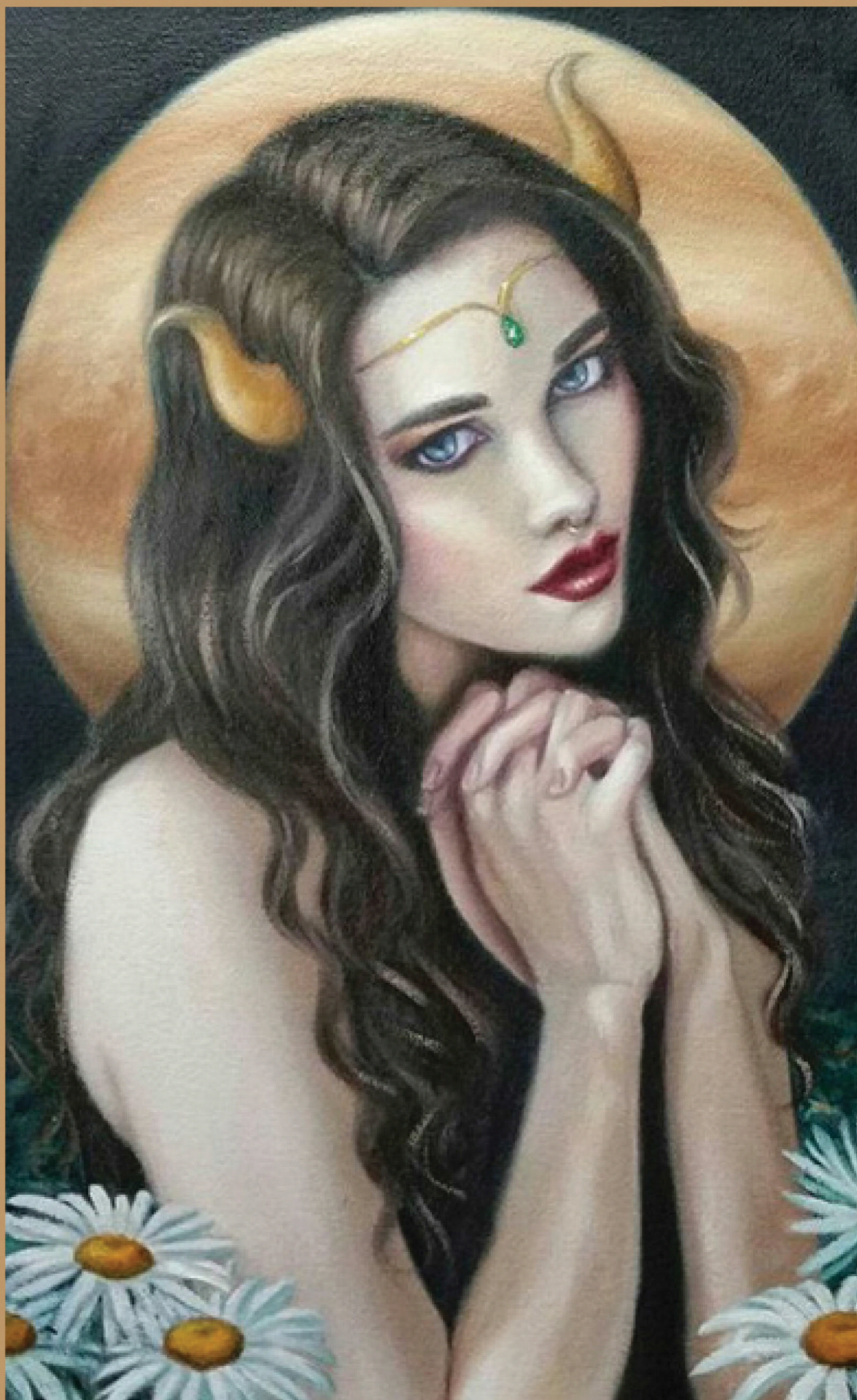
**The
PERSONALIZED
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**How Diet
Affects
DEPRESSION**

**LESS THAN
6 WEEKS
TO LIVE**



The cave you fear to enter holds the treasure you seek.”

Joseph Campbell





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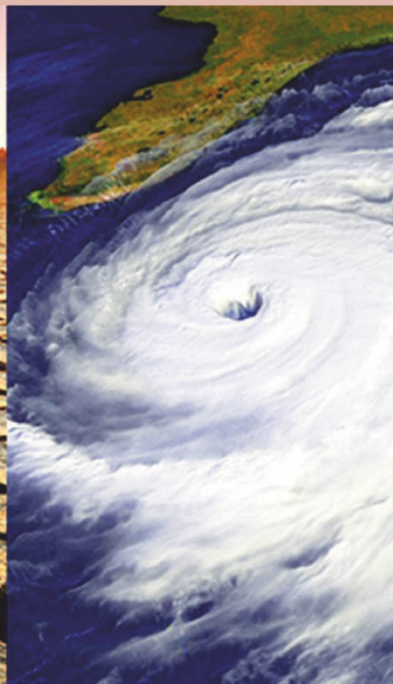
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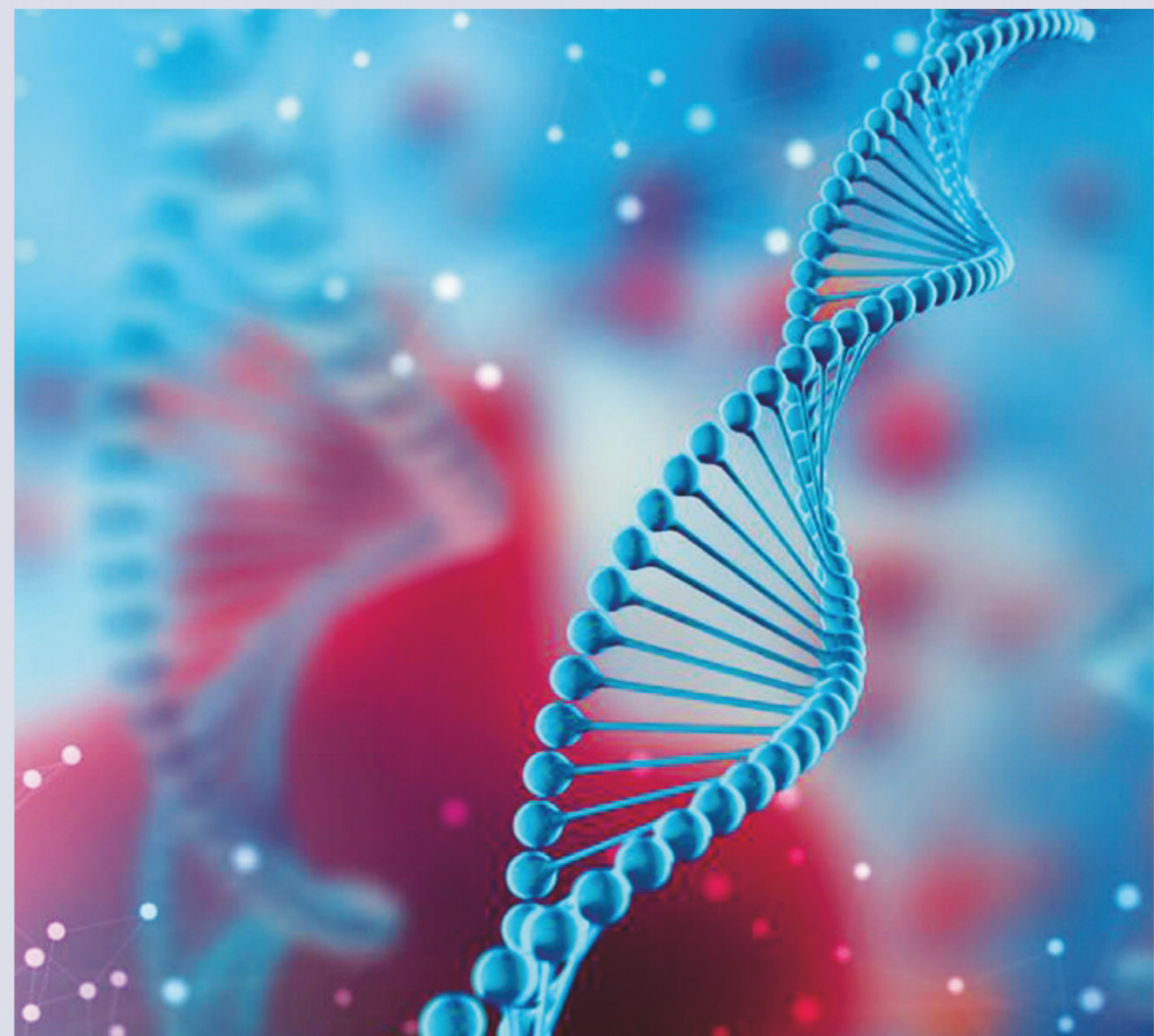
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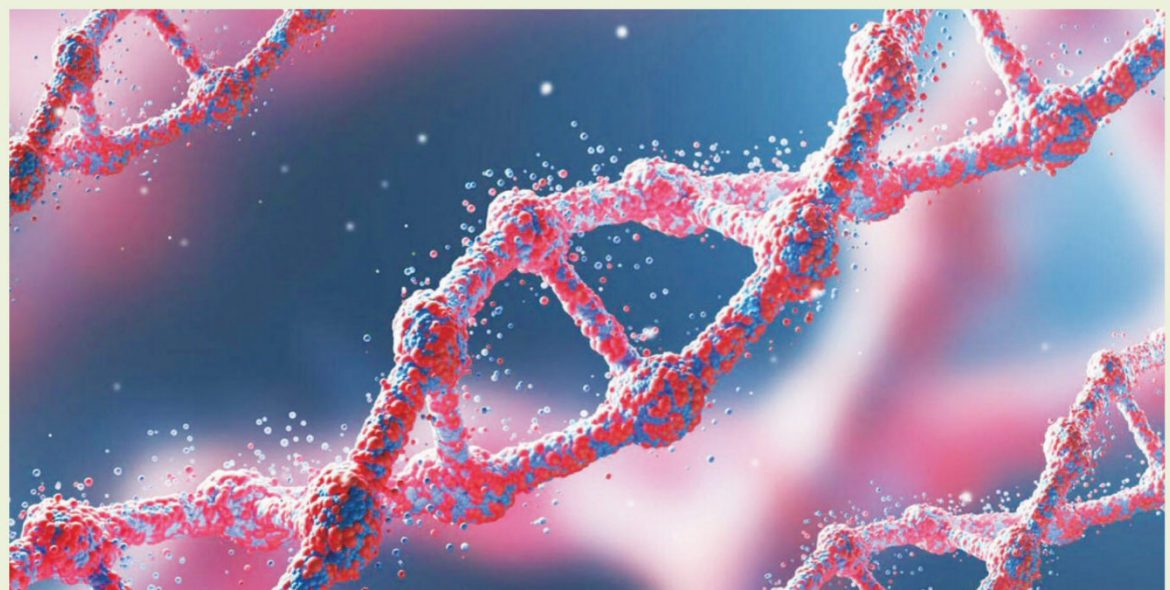
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EDITOR'S NOTE

As I write this, we have just experienced some of the worst fires in Australia's history, both in Gippsland, Victoria and on the south coast of NSW – along with many other fires all around the country. So it does make everything else pale in significance, and has certainly been upper most in my mind as I have bought this magazine together.

When it comes to emotions, I really don't think we have the words to describe how we are feeling at times like these. Certainly, images have been telling a thousand more words. But there are some things we do know; that we are all feeling this. We are all in pain. We are all in confusion. We are looking for someone or something to blame – because we are grieving. The Kübler-Ross model suggests there are five stages of grief; denial, anger, bargaining, depression and acceptance. And although this model was developed for terminally ill patients or people who have lost loved ones, I think a lot of us as individuals and within our collective communities can recognise these signs right now. So I hope you take the time to Connect with others, and to share your pain. I believe, it will help you heal. It helps us all heal. There is no doubt, we are living in some very difficult times, so we each need to be hyper-aware of how we are functioning at any given time, and reach out to others in times of difficulty. Because how we are, affects everyone else around us. This is what we are being shown. So please, tune in to you. Notice what is happening in your body – aside from what is happening in your brain. And I hope you get value from some of the articles we have brought you in this issue to aid this process.

It is not easy publishing bad news, and certainly not what we prefer to do at The Art of Healing ... at least not without including possible solutions. But in this magazine we are running a feature on climate, which looks specifically at how weather and temperature changes are affecting our flora and fauna, and more specifically for those interested in natural health, our medicinal plants. A list of organisations that are cultivating medicinal plants is also included. And it is a real pleasure to bring a new section into this magazine for 2020, which is Wellness. I attended an event during 2019 on healing in Portugal, which showed me just how much the term 'wellness' has been accepted and is becoming part of the culture in Europe. So it really is wonderful that Katherine Droga is bringing together the first wellness summit in Australia in March 2020, and to be part of an industry that really has so much opportunity in Australia. In this issue we have published a Q&A with Katherine, in which we ask her to explain a bit about this industry, and how it is affecting tourism. She also explains Wellness Travel and Transformative Travel. Another aspect to the 'wellness' trend, is Well Fashion. The growth and the new types of fashion coming our way are simply amazing, let alone the way we are changing how we think about fashion and what it means to us ..when is the last time you really looked in your wardrobe and at the clothes you buy and wear? Finally I would like to leave you with the below symbol of healing. Please. Notice. See.





New Zealand Prioritising GROSS NATIONAL WELLBEING



We usually think of a country's wealth or capital in terms of its financial bottom line, it's Gross Domestic Product (GDP). But New Zealand (NZ) has challenged the world to assess wealth in terms of a very different commodity, it's Gross National Wellbeing.

To Prime Minister Jacinda Ardern, the purpose of government spending is to ensure the health and life satisfaction of its citizens. Jacinda believes that wealth or economic growth is not the metric by which a country's progress should be measured. "GDP alone does not guarantee improvement to our living standards—nor does it take into account who benefits and who is left out." The five specific wellbeing goals Jacinda is including in her new metrics are:

- bolstering mental health
- reducing child poverty
- supporting indigenous peoples
- moving to a low-carbon-emission economy
- flourishing in a digital age

To measure progress toward these goals, New Zealand uses 61 indicators which track everything from loneliness to trust in government institutions, alongside more traditional issues like water quality.

Jacinda, who has spoken of empathy as the trait most needed in political leaders nowadays, says her government has laid the foundation for a different approach to government decision-making. She emphasises that money isn't the only type of capital that matters; "mental health and a sense of community are equally important forms of capital,

even though they may be more intangible." For instance, New Zealand is investing more than \$200 million in services for survivors of domestic and sexual violence, which Jacinda says is the biggest investment ever made on this issue in New Zealand's history.

The approach comes at a time when some argue the traditional capitalist model has made us more anxious and isolated than previous generations. Defining success less strictly in terms of wealth and more in terms of overall wellbeing is likely to appeal to many people.

New Zealand isn't the first country to consider the wellbeing approach however. The fourth king of Bhutan coined the term Gross National Happiness (GNH) in the 1970s when he began asserting that it was more important than GDP." Every five years under the direction of the Centre for Bhutan Studies and GNH Research, questionnaires are conducted of some 8,000 randomly selected households. As one of the centre's lead happy index researchers, [Dorji] Penjore says; "We try to measure ... all forms of capital, so that is the difference between GDP and GNH." The government asks people questions such as how often they meditate and how frequently they pray? How much time and money do they devote to their community? How many hours do they sleep and how many hours do they work? How often do they quarrel with their family? How long do they stay away from them? Do they trust their neighbours?



Bhutan’s guiding philosophy has inspired other nations too, like the United Arab Emirates (UAE). In 2016 UAE created a new cabinet position: the Minister of State for Happiness and Wellbeing, which was filled by Ohood bint Khalfan Roumi. “This is serious business for the government,” she told the *Los Angeles Times*. “What is the purpose of government if it doesn’t work toward the happiness of the people? It’s the duty and role of the government to create the right conditions for people to choose to be happy.” She said those conditions include everything from good infrastructure to making sure people feel safe.

“Some people may laugh at [the idea of nurturing] happiness, thinking it is silly and fluffy,” Roumi added. “I assure you, it’s a science. It touches on medicine, health and social sciences.”

One of Ohood’s initiatives was a happiness patrol in Abu Dhabi, which involves police officers rewarding citizens for good behaviour instead of just punishing them for infractions.

Amid the global financial crisis, national happiness became the subject of policy conferences and college courses. France commissioned a study on it, which leading economists—Amartya Sen, Joseph Stiglitz, and Jean-Paul Fitouss—completed in 2009. In 2011, the OECD released its first wellbeing report on its member countries, and in 2012 the UN began releasing its annual world happiness report. In 2019, Finland, Denmark, and Norway earned the top three spots in the international ranking for the happiest countries.

The wellbeing approach is also gaining momentum in Latin America. In 2013, Ecuador appointed a state secretary of *buen vivir* rooted in indigenous spirituality that entails living in harmony with the natural environment. And Venezuela has created a vice ministry of Supreme Social Happiness.

New Zealand has gone one step further than all these countries by deciding to make wellbeing the organising principle of its national budget. The results of this grand social experiment will be watched closely over the coming years not only by New Zealanders, but also by governments worldwide.

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When Wastewater Gives Power To The People



Sustainable purification of wastewater by naturally occurring algae is an outstanding way for regional towns to reuse precious water and reduce a town's carbon footprint and power usage at the same time, says environmental health Professor Howard Fallowfield.

The remarkable wastewater treatment model—which is now part of the World Health Organisation's sanitation safety planning initiative—has recently won the SA Australian Water Association Infrastructure Project Innovation award.

Microbiologist Professor Fallowfield says the latest project near South Australia's Mid North township of Peterborough is a great example of not only helping the environment, but also supporting better health standards and the local economy.

"Before the high rate algal pond (HRAP) was built, all households and businesses in Peterborough disposed of their wastewater on site via septic tanks or disposal, which often resulted in raw sewage problems in people's backyards," says Flinders University Professor Fallowfield, who was instrumental in designing and establishing ponds at Kingston-on-Murray and now Peterborough, which is the largest of its kind in Australia.

Peterborough is similar to other small country towns. With a population of 1500 people and located 250km north of Adelaide in the southern Flinders Ranges, water and power are costly to deliver.

Professor Fallowfield says the Peterborough system is a better solution for low-energy and carbon footprint, both during construction and operation, than conventional lagoon systems and

regular electro-mechanical wastewater treatment plants. In the large shallow ponds, wastewater is exposed to disinfecting sunlight to reduce pathogens while naturally occurring microalgae carries out its purification function.

"The reduced surface area and shorter retention time of HRAPs halves the evaporative losses, increasing the volume of treated wastewater available for reuse by communities in water-scarce regions like those in rural South Australia."

The benefits for public health of a sustainable centralised HRAP system has the potential to redefine the approach to wastewater treatment in rural communities around the world. Researchers from the University of Nantes in France have already visited Peterborough to explore the opportunities for collaboration and application of the system to rural communities in France.

Colin Steele, managing director of Canberra-based consultancy Section 51 says the project is a fine example of University expertise teaming with government. "The AWA award acknowledges that this project is a real and living example of how a wastewater treatment project can be solved through partnership and innovation that incorporate sustainable design principles aimed at achieving social, economic and environmental outcomes," Mr Steele says.

The project has gained international attention since Professor Fallowfield presented at a WHO/UNESCO workshop at the Bill and Melinda Gates Foundation, Seattle. This led to the HRAP validation as a case study in the Global Water Pathogen Project, which is supporting global implementation of the WHO Sanitation Safety Planning Manual.

www.flinders.edu.au



Urban Green Space Can Prevent Premature Deaths



Residential greenness can protect against premature all-cause mortality, according to a systematic review and meta-analysis conducted by the Barcelona Institute for Global Health (ISGlobal). The analysis, which included nine longitudinal studies involving seven countries and a total of over eight million people, provides strong evidence on the impact of increasing green areas on mortality.

Half of the world's population lives in cities, where there is often a lack of green space. Many studies suggest that green spaces in cities have a positive health effect, including less stress, improved mental health, and lower risk of cardiovascular disease. However, many of these studies only looked at one specific point in time. That is why a new study focussed on longitudinal studies following the same cohort of individuals over several years. Using a simple measure of exposure to green space, the NDVI (Normalised Difference Vegetation Index) based on satellite images, nine cohort studies from seven different countries (Canada, United States, Spain, Italy, Australia, Switzerland and China) were analysed. It was found that an increment in greenness around homes is significantly associated with reduced premature mortality.

"This is the largest and most comprehensive synthesis to-date on green space and premature mortality", says David Rojas, researcher at ISGlobal and Colorado State University. "Urban greening programs are not only key to promoting public health, they also increase biodiversity and mitigate the impacts of climate change," concludes Mark Nieuwenhuijsen, director of the Urban Planning, Environment and Health Initiative at ISGlobal.

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Its Time to Explain Country in **INDIGENOUS** Terms



It's time to write about Indigenous Australian place relationships in a new way, in a language that speaks in Indigenous terms first, to convey a rich meaning of Country and best identify its deep ecological and social relevance to Aboriginal people.

Flinders University anthropologist and Matthew Flinders Fellow, Professor Amanda Kearney, explain the need for this shift in an expansive research paper that considers themes of species maintenance and place engagement.

Amanda's research, undertaken with long-term Monash University collaborators Associate Professor Liam Brady and Associate Professor John Bradley, was conducted in Yanyuwa country, around Borroloola in the south west Gulf of Carpentaria in northern Australia. Yanyuwa have been collaborating with these researchers for many years to document the terms of their Country for future generations.

"Based on our long-term ethnographic and collaborative fieldwork and review of historical documents, we argue for the need to write, conceptualise and convey Indigenous Australian

place relationships on Indigenous Australian terms," says Professor Kearney. "It traces the complexity of understanding places that are commonly—and, we argue, misleadingly—referred to as magic sites."

The paper; *Kincentric Ecology, Species Maintenance and the Relational Power of Place in Northern Australia*, focuses on cultural wounding, healing and interculturalism in Australia, and represents two decades of collaboration and ethnographic fieldwork with Indigenous families and their communities. The research draws on years of learning with and from Yanyuwa, and documenting conversations around relationships with Country. These highlight that social memory, place maintenance and ecological health are evident through Yanyuwa song, ritual and language.

"The aim of the research is to examine human relationships with places that play a key role in ecological health. We have found this is most clearly explained through Indigenous terms."

"For instance, in Yanyuwa, there is no one term for interventions in the ecological health of country, but instead there are specific terms about activities that are a part of good land and sea management," explains Professor Kearney.



These terms include *wukanyinjarra awara*, which refers to the act of talking to country, and *yinbajarra awara*, a shorthand form of saying that singing the songlines and performing ceremonies is a crucial part of maintaining the health of country.

Other expressions include *bathuntharra awara*, which is burning the country according to kinship rules, and *manhantharra awara*, the action of making the lands and waters healthy so that country is ecologically in-sync.

“These terms all point to maintaining the balance of order in the physical wellbeing and ancestral wellbeing of place—which also involves travelling to it, hunting over it, and being present on country,” says Professor Kearney.

“These interactions have strong moral underpinnings that relate to lack of particular species, the death of kin and the changes to country that are both natural and induced by humans.”

As an example, Bella Charlie, a senior Yanyuwa woman, once recalled the moment she was enveloped in fumes and dust while watching heavy earth moving trucks carry soil away from the important Hill Kangaroo site of Burrulula (Borrooloola). “She told us: “*Jalu-kanji awara waka ngamala barra warriya luku*” (they are carrying the country away to the south, the poor thing).



Such a statement speaks to things that are not right, and explained vividly in this case that the country of Hill Kangaroo Dreaming is suffering,” says Professor Kearney. “What we hope this research achieves is a respectful account of Yanyuwa understandings of their place and ecology. The aim is to centralise Indigenous knowledge and learn from them, in finding better ways to understand our living environments.”

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How To Overcome Stress by Seeing **JOY** In Others

One evening when I walked into a classroom to teach my Science of Stress course, I found a newspaper waiting for me on the lectern. A student had brought in an article called “Stress: It’s Contagious.” The report claimed that stress is “as contagious as any airborne pathogen” and compared its toxicity to secondhand smoke. **Kelly McGonigal** writes.

As an example, the news story described a study showing that participants had an empathic physiological stress response when they observed another person struggling. One of the researchers commented; “it was surprising how easily the stress was transmitted.”

As someone who studies both stress and empathy, I get asked about this research a lot. Does it mean that empathy is a liability, increasing your risk of exhaustion, depression, or burnout? If you are highly empathic, are you doomed to become a reservoir for other people’s pain and suffering?

One solution is to create stronger emotional barriers—to put on a psychological Hazmat suit to protect against the stress and suffering you don’t want to catch. I’ve seen this approach adopted by many people in the helping professions, including health care, social work, and teaching.

If you are feeling similarly overwhelmed by how affected you are by the emotions of others, I’d like to offer another possibility for preserving your wellbeing: double-down on your capacity for empathy. Instead of trying to become immune to other people’s stress, increase your susceptibility to catch other people’s joy.

The Benefits Of Positive Empathy

While modern psychological science has largely focused on empathy for negative states, a new field of research dubbed Positive Empathy shows that it is also possible to catch happiness.

You might have seen studies which show that seeing other people in pain can activate the pain system in your brain. It turns out, your brain can also resonate with positive emotions.



For example, when you witness the good fortune of others, it can activate the brain's reward system. Moreover, this kind of contagious happiness can be an important source of wellbeing.

The tendency to experience positive empathy is linked to greater life satisfaction, peace of mind, and happiness. It is also associated with greater trust, support, and satisfaction in close relationships.

Those around you may benefit from your empathic joy as well. One study examined the experience of empathic joy in teachers in fourteen different states in the U.S. The teachers who had more frequent experiences of positive empathy toward their students felt more connected to them.

This positive attitude led to more positive interactions with students as observed by classroom evaluators, and higher academic achievement by their students.

Further, positive empathy doesn't just make you *feel* good, it can also *inspire* you to *do* good. The tendency to feel empathic joy is associated with a stronger desire to help others thrive, and a greater willingness to take action to do so. Positive empathy also enhances the warm glow you feel from helping others, making compassion much more sustainable.

Ultimately, this is how I think of empathic joy: as a resource that allows you to stay engaged with life—not just when things go well, but also when they are difficult.

It's not just a practice of celebrating and amplifying the good, it also allows us to sustain hope when we face the reality of suffering unrelieved and needs yet unmet.

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SEARCH FOR SMALL MOMENTS OF JOY

Joy is a big-sounding word, and so we tend to look for classic expressions of 'big' joy—huge smiles, exclamations of delight, hugs and cheers ... the kind of joy associated with winning the lottery and marriage proposals. Yet other forms of joy exist all around us. As you begin to look for joy, you will notice more and more of them:

- There is the joy of pleasures, simple or sublime, such as enjoying a delicious meal, listening to music, or savouring how it feels to hold a baby in your arms.
- There is the joy of purpose, and how it feels to contribute, work hard, learn, and grow.
- There is the joy of being connected to something bigger than yourself, be it nature, family, or faith.
- There is the joy of wonder - being curious, experiencing new things, and feeling awe or surprise.
- There is the joy of being acknowledged and appreciated by others, sensing what you have to offer, and knowing that you matter.
- There is the joy of being your best self - how good it feels to use your strengths in service of something you care about, or to express your most deeply held values.
- There is the joy of having your needs met - being helped, listened to, or held in a comforting embrace.
- There is the joy of laughter, and especially shared laughter when everything seems to be falling apart.



How To Talk To Your FUNCTIONAL MEDICINE DOCTOR About Your Labs



In functional medicine we know that health is a complex and dynamic force. Someone who appears to eat a junk diet may have glowing health because of the positive influences of a low-stress lifestyle, a supportive social group, and lots of exercise. Someone else may eat like a health rock star, throwing back kombucha and kale salads on a daily basis, but may be withering from loneliness or the crushing stress that can trigger serious health issues. Even if we limit our focus to food alone, one person's health food may be inflammatory for another person—that kale you eat may give someone else digestive issues, and the dark chocolate your friend seems to enjoy without consequence may give you a migraine. This is why dieting dogma is antiquated and has no place here. **Dr Will Cole** elaborates.

Those of us in the functional medicine community look at people within the context of their environments to see how well they are functioning and to assess the big picture: what they eat; how they live; and how every aspect of their existence may affect them physically, emotionally, and spiritually.

My goal is to get you actively moving toward health by helping you discover the foods, lifestyle habits, and other therapies that best nourish and meet your individual needs in the context of your life. This is the big-picture approach, and it begins with taking a good close look at how you live.

Using personalized profiling, a customised elimination process, and clear, organised reintegration of foods, anyone can discover what may be best and worst for them to eat, take, try, and do. It resolves the internal battle between lifestyle choices and health needs by answering that ultimate question: “What do I need?”

Below are some of the lab tests that I run for my patients to get a comprehensive perspective on where they are on the inflammation spectrum. You could ask your doctor to have some or all of these labs run to get a baseline on your inflammation before you start your journey. Having the extra information can motivate you to stay the course and make progress.



A functional medicine doctor is likely to be your best source for some of these labs, as this testing is more comprehensive than is standard for conventional medicine.

1. High Sensitivity CRP

C-reactive protein is an inflammatory protein, and this test will show you how much of it you have. The high-sensitivity CRP test is also a surrogate lab to measure IL-6, another pro-inflammatory protein. Both of these are linked to chronic inflammatory health problems. The optimal range is anything under 1 mg/L. Higher levels are a risk factor for heart disease and can contribute to many other inflammation-based health issues.

2. Homocysteine

This inflammatory amino acid is linked to heart disease, destruction of the blood-brain barrier, and dementia. It is also commonly elevated in people struggling with autoimmune problems. The optimal range in functional medicine is less than 7 $\mu\text{mol/L}$.

3. Ferritin

This lab is normally run to look at stored iron levels, but high levels can also be a sign of inflammation. The optimal range for men is 33 to 236 ng/mL; premenopausal women: 50 to 122 ng/mL; postmenopausal women: 150 to 263 ng/mL.

4. Microbiome Labs

This panel helps assess the health of the gut, where around 80% of the immune system resides. By looking at bacterial and yeast overgrowths as well as inflammatory markers like calprotectin and lactoferrin, we can assess gut-centric inflammation.

5. Intestinal Permeability

This blood test looks for antibodies against the proteins that determine the integrity of your gut lining (occluding and zonulin), as well as bacterial toxins called lipopolysaccharides, which can cause inflammation throughout the body.

6. Multiple Autoimmune-Reactivity Labs

This array shows us if your immune system is creating antibodies against many different parts of the body, such as the brain, thyroid, gut, and adrenal glands. The labs are not meant to diagnose autoimmune disease but rather to look for possible evidence of abnormal autoimmune inflammation activity.

7. Cross-Reactivity Labs

This panel is helpful for gluten-sensitive people who have gone gluten-free and eat a clean diet but still experience symptoms like digestive problems, fatigue, and neurological symptoms. In these cases, relatively healthy food proteins—such as gluten-free grains, eggs, dairy, chocolate, coffee, soy, and potatoes—may be mistaken by the immune system for gluten, triggering inflammation. To the immune system, it's as if the person never went gluten-free.

8. Methylation Gene Labs

Methylation is a biochemical superhighway that regulates many of the functions necessary for a healthy immune system, brain, hormones, and gut. A process occurring about a billion times every second in your body, methylation needs to work well if you are going to work well. Methylation-gene mutations, such as MTHFR, are closely associated with autoimmune inflammation.

For example, I have a double mutation at the MTHFR C677t gene; this means that my body is not good at managing an amino acid called homocysteine, which can cause inflammation in some people. I also have autoimmune conditions on both sides of my family, which is a red flag that I need to be even more careful of my place on the inflammation spectrum. You can't change your genes, but by knowing your genetic weaknesses, you can pay extra attention to supporting particular processes in your body to reduce risk factors as much as possible.

9. Cannabinoid Gene CNR1 rs1049353

Our endocannabinoid system regulates everything from sleep, appetite, pain, inflammation, memory, and mood to reproduction. The cannabinoid gene CNR1 rs1049353 is a significant gene in this system, and changes to this gene are significantly correlated with food sensitivities and autoimmune-inflammation issues. Studies indicate that the gut nervous system is the main site of CB1 cannabinoid receptors.

10. APOE4 and APOA2

Variants of these genes affect how the body metabolises saturated fats. For these gene variants, eating foods higher in saturated fats is associated with inflammatory health problems and weight gain, respectively. People with these gene differences should limit or avoid foods such as dairy, red meat, eggs, coconut products, and other foods higher in saturated fats. Focus instead on plant fats like avocado, olives, and nuts and seeds.

Your inflammatory symptoms exist on a spectrum, but what moves you in one direction or the other is extremely personal. One person's food *medicine* is another person's food *trigger*. By acting as a lifestyle detective—committed to solving the mystery of what foods nourish and energise you—you come closer to learning how to optimise your life.

www.mindbodygreen.com

How Diet Can Cause—Or Cure DEPRESSION



Foods have an immense impact on your body and your brain, and eating whole foods is a good way to simultaneously support your mental and physical health. Avoiding sugar and artificial sweeteners is a crucial aspect of preventing and/or treating depression. Both contribute to chronic inflammation and can wreak havoc with your brain function. Recent research also shows how swapping processed junk food for a healthier diet can significantly improve depression symptoms, which really shouldn't come as a great surprise. **Dr Mercola** explains.

Why Sugar Takes a Toll on Mental Health

There are at least four potential mechanisms through which refined sugar intake could exert a toxic effect on mental health:

1. Sugar (particularly fructose) and grains contribute to insulin and leptin resistance and impaired signalling, which play a significant role in your mental health.
2. Sugar suppresses activity of a key growth hormone called brain-derived neurotrophic factor (BDNF), which promotes healthy brain neurons. BDNF levels are critically low in both depression and schizophrenia, which animal models suggest might actually be causative.
3. Sugar consumption also triggers a cascade of chemical reactions in your body that promote chronic inflammation. In the long term, inflammation disrupts the normal functioning of your immune system, which is linked to a greater risk of depression.
4. Sugar impairs the microbiome and its influence on the modulation of stress response, immune function, neurotransmission and neurogenesis.

In 2004, British psychiatric researcher Malcolm Peet published a provocative cross-cultural analysis of the relationship between diet and mental illness. His primary finding was a strong link between high sugar consumption and the risk of both depression and schizophrenia. According to Peet:

“A higher national dietary intake of refined sugar and dairy products predicted a worse 2-year outcome of schizophrenia. A high national prevalence of depression was predicted by a low dietary intake of fish and seafood.

The dietary predictors of ... prevalence of depression are similar to those that predict illnesses such as coronary heart disease and diabetes, which are more common in people with mental health problems and in which nutritional approaches are widely recommended.”

One of the key predictors of heart disease and diabetes is chronic inflammation which is also associated with poor mental health. Sugar is a primary driver of chronic inflammation in your body, so consuming excessive amounts of sugar can truly set off an avalanche of negative health events—both mental and physical.

Three-Week Dietary Intervention Lifts Depression

A study published in the October 2019 issue of *PLOS ONE* said to be the first of its kind, found dietary intervention can effectively treat depression in young adults.

The researchers enrolled 101 individuals aged 17 to 35, whose stress and depression scores indicated moderate to high levels of depression.

Participants were divided into two groups. One received dietary intervention while the other (controls) received no intervention. Dietary instructions were provided to the treatment group by a registered dietician via a 13-minute video, which could be revisited at will.

The dietary recommendations were based on the 2003 Australian Guide to Healthy Eating protocol, “with additional recommendations to increase concordance with Mediterranean-style diets ... and diet components (e.g. omega-3 fatty acids, cinnamon, turmeric) that have beneficial effects on neurological function.”

The treatment group was instructed to eat:

- Five servings of vegetables per day
- Two to three servings of fruit per day
- Three servings of wholegrain cereal per day
- Three servings of protein (such as lean meat, poultry, eggs or legumes) per day
- Three servings of unsweetened dairy per day
- Three servings of fish per week
- 3 tablespoons of nuts and seeds per day
- 2 tablespoons of olive oil per day
- 1 teaspoon of turmeric and cinnamon on most days

Refined carbohydrates, sugar, processed meats and soft drinks were to be avoided as much as possible.

According to the authors:

“There is strong epidemiological evidence that poor diet is associated with depression. The reverse has also been shown, namely that eating a healthy diet rich in fruit, vegetables, fish and lean meat, is associated with reduced risk of depression ...

There was good compliance with the diet intervention recommendations assessed using self-report and spectrophotometry. The Diet group had significantly lower self-reported depression symptoms than the Control Group ...Reduced DASS-21 depression subscale scores were maintained on a follow-up phone call 3 months later.

These results are the first to show that young adults with elevated depression symptoms can engage in and adhere to a diet intervention, and that this can reduce symptoms of depression.”

Furthermore, within the diet change group, increase in recommended foods was associated with spectrophotometre readings. This provides objective evidence to support the participants’ self-reported compliance with the diet. Even in the general population, adherence to diet advice is typically very poor, with over 80% of Australians reporting that they do not comply with dietary recommendations.



As a result, there is substantial nihilism regarding the ability to change people's diets. The current study simply provided a brief 13-minute video, paper resources and minimal phone support.

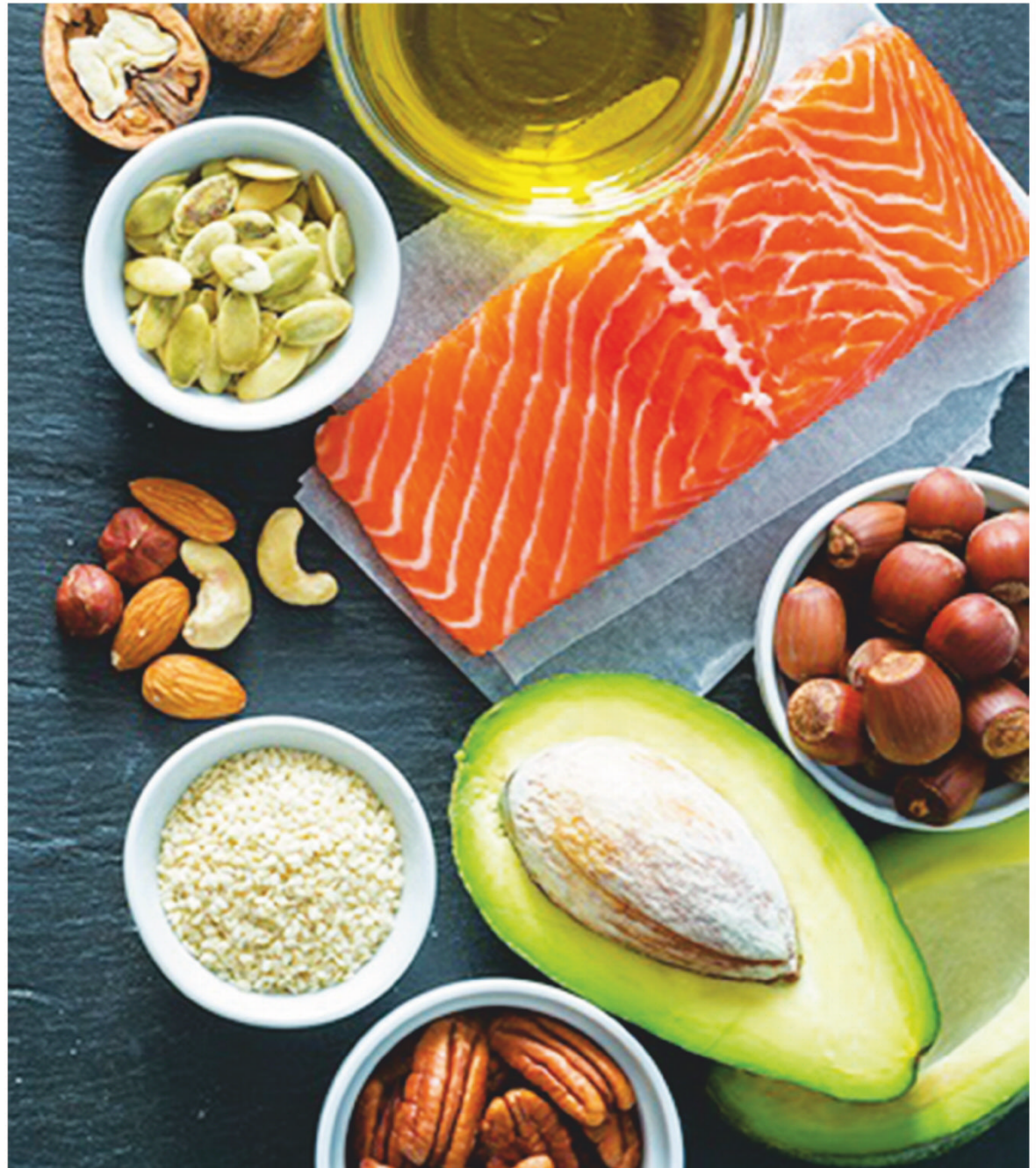
The fact that this relatively low-cost intervention can result in a population of young adults adhering to diet recommendations is very promising. Furthermore, it is important to consider that participants in the current study did not need to adhere strictly to the diet recommendations to derive benefit.”

Other Studies Support Dietary Intervention for Mental Health

Another recent paper found similar results. The meta-analysis, published in the April 2019 issue of *Psychosomatic Medicine*, looked at sixteen randomised controlled trials with outcome data based on a variety of depression scores, for 45,826 participants ranging in age from 21 to 85. Interventions ranged from 10 days to three years.

While all but one examined non-clinical depression, dietary interventions were still found to significantly reduce symptoms of depression. Interestingly, women appeared to reap the greatest benefits, not only for depression but also anxiety. According to the authors, “Dietary interventions hold promise as a novel intervention for reducing symptoms of depression across the population.”

As shown in the featured *PLOS ONE* study, this doesn't have to be a complicated affair. Participants simply view a video in which a dietician gives instructions.



Interestingly, studies specifying the involvement of a nutritional professional had significantly better results than those in which the dietary advice was delivered without a professional's involvement.

Nutritional Advice for Mental Health

Keeping inflammation in check is an important part of any effective mental health treatment plan. If you're gluten sensitive, you will need to remove all gluten from your diet. A food sensitivity test can help determine if you need to do this. Reducing lectins may also be a good idea.

As a general guideline, eating a whole food diet can go a long way toward lowering your inflammation level. A cornerstone of a healthy diet is limiting sugar of all kinds, ideally to no more than 25 grams a day. In one study, men consuming more than 67 grams of sugar per day were 23%

more likely to develop anxiety or depression over the course of five years than those whose sugar consumption was less than 39.5 grams per day.

Other Helpful Treatment Options

Evidence clearly shows antidepressants are not an ideal choice for most people with depression. Aside from diet, which I believe is foundational, the depression treatment with the most solid scientific backing is exercise.

www.wakingtimes.org

Certain nutritional deficiencies are also notorious contributors to depression, especially:

- **Marine-Based Omega-3 Fats**
Omega-3 fats have been shown to improve major depressive disorder, so make sure you're getting enough omega-3s in your diet, either from wild Alaskan salmon, sardines, herring, mackerel and anchovies, or a high-quality supplement. I recommend getting an omega-3 index test to make sure you're getting enough. Ideally, you want your omega-3 index to be 8% or higher.
- **B Vitamins (including B1, B2, B3, B6, B9 and B12)**
Low dietary folate can raise your risk of depression by as much as 304%. A 2017 study showing the importance of vitamin deficiencies in depression involved suicidal teens. Most turned out to be deficient in cerebral folate and all of them showed improvement after treatment with folinic acid.
- **Magnesium**
Magnesium supplements have been shown to improve mild-to-moderate depression in adults, with beneficial effects occurring within two weeks of treatment.
- **Vitamin D**
Studies have shown vitamin D deficiency can predispose you to depression and that depression can respond favourably to optimising your vitamin D stores, ideally by getting sensible sun exposure.

Helpful Supplements

A number of herbs and supplements can also be used in lieu of drugs to reduce symptoms of anxiety and depression, including the following:

- **St. John's Wort (*Hypericum perforatum*)**
This medicinal plant has a long historical use for depression, and is thought to work similarly to antidepressants, raising brain chemicals associated with mood such as serotonin, dopamine and noradrenaline.
- **S-Adenosyl methionine (S-AdoMet)**
S-AdoMet is an amino acid derivative that occurs naturally in all cells. It plays a role in many biological reactions by transferring its methyl group to DNA, proteins, phospholipids and biogenic amines. Several scientific studies indicate that S-AdoMet may be useful in the treatment of depression.
- **5-Hydroxytryptophan (5-HTP)**
5-HTP is another natural alternative to traditional antidepressants. When your body sets about manufacturing serotonin, it first makes 5-HTP. Taking 5-HTP as a supplement may raise serotonin levels. Evidence suggests 5-HTP outperforms a placebo when it comes to alleviating depression, which is more than can be said about antidepressants.
- **XingPiJieYu**
This Chinese herb, available from doctors of traditional Chinese medicine, has been found to reduce the effects of "chronic, unpredictable stress," thereby lowering your risk of depression.

*THIS ARTICLE IS PART OF THE INTRODUCTORY SPEECH GIVEN BY
THE PRESIDENT OF THE 7TH ANNUAL INTERNATIONAL MEETING OF
THE PERSONALIZED LIFESTYLE MEDICINE INSTITUTE (PLMI),
JEFF BLAND PHD., “PERSONALIZING NUTRITION THERAPY
IN THE AGE OF LIFESTYLE MEDICINE.”*



The Personalized Lifestyle Medicine Revolution

Very briefly, I come at the issue of personalized lifestyle medicine as a biologist, ecologist and sustainability scientist. It is what I've been doing for the past 35+ years of my career, both in academia and the non-profit sector.

So Firstly, Let's Ask This Question: What Is Healthcare?

For most, it's the delivery of products and services intended to manage disease or deal with trauma. It occurs largely in specific human-made structures we call clinics and hospitals. But it also reflects particular types of business models, politics, economics, globalisation—and of course attitudes and expectations—and very importantly yet so often ignored, belief systems.

Speaking of belief systems—because humans have become so technologically focused since the Industrial Revolution, many still pin their hopes on magic technological bullets. The hope, for many, is that new drugs and treatments will soon emerge to resolve the escalating rates of chronic, degenerative, and autoimmune diseases. Then there's also the need to contend with the rising tide of infectious diseases that are resistant to current antibiotics.

Whichever way we look at it, the current model of healthcare is failing us. When you look at predictions of the future, it becomes really disconcerting. Drug pipelines in key areas, such as antibiotics are almost empty. There are for instance, just 800 scientists in the global pharma industry currently working on antibiotics that might be capable of dealing with the current AMR [antimicrobial resistance] crisis.

One thing that's becoming clear the world over, is that these diseases all have complex upstream causes, and are a function of gene-environment interactions and a complex interplay of physiological, social and environmental determinants of health.

So if we're to prevent disease, or better still, regenerate health as opposed to just managing diseases and symptoms (this being an entirely unsustainable option given the predicted global burden) we have to alter our mindsets dramatically. We can no longer rely on the prospect of highly targeted, new-to-nature molecules—even biologics or vaccines, two of the biggest growth areas for pharma—coming to the rescue.

A series of discussion papers that came out of the Vital Directions initiative from the National Academy of Medicine headed by Victor Dzau and Mark McClellan states that massive reform in how we do healthcare is needed urgently. It acknowledges that you need to activate communities and empower people, and that most health care actually happens in the community—not in clinics and hospitals.



What Is Precision Medicine?

Precision medicine became all the rage after the launch of Obama's Precision Medicine Initiative in 2015. It started with big ideas, and was synonymous with personalized medicine, combining genomics with big data analytics and population health. Today it's already been derailed by pharma. Most doctors as a result, see it simply as a system that allows better targeting of drugs to specific individuals. The lifestyle and nutrition angle, the two biggest determinants of health itself, are often side-lined.

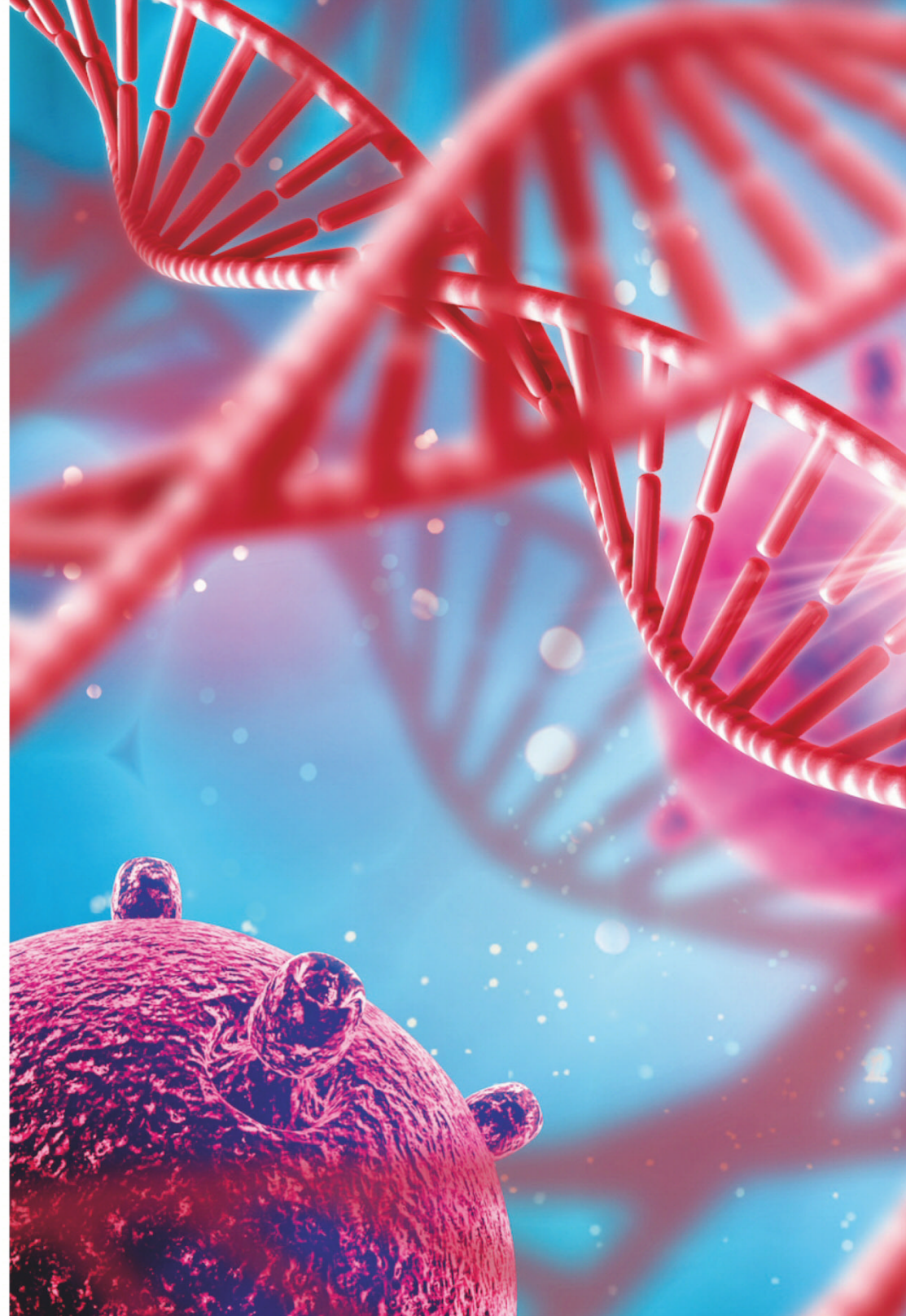
We have also seen the publication of the findings of a Lancet Commission on Global Health during 2018, which recognises the Sustainable Development Goals of the U.N., SDG 3, being focused not on disease but on good health and wellbeing. However, when you read the small print, you can see pharma has already had its way. Pharma's take on disease prevention is vaccination—so it sees this SDG as a huge opportunity. That's why it lobbied the World Health Organization to make vaccine hesitancy one of the top 10 global health threats.

These big picture views have a number of things in common, things that are essential to any sustainable reform of health ecosystems:

- the democratisation of health, value-based and quality
- upstream, personalized, precision medicine
- self-care
- more digitisation
- community-based, big data driven health systems

The Digitisation Of Health

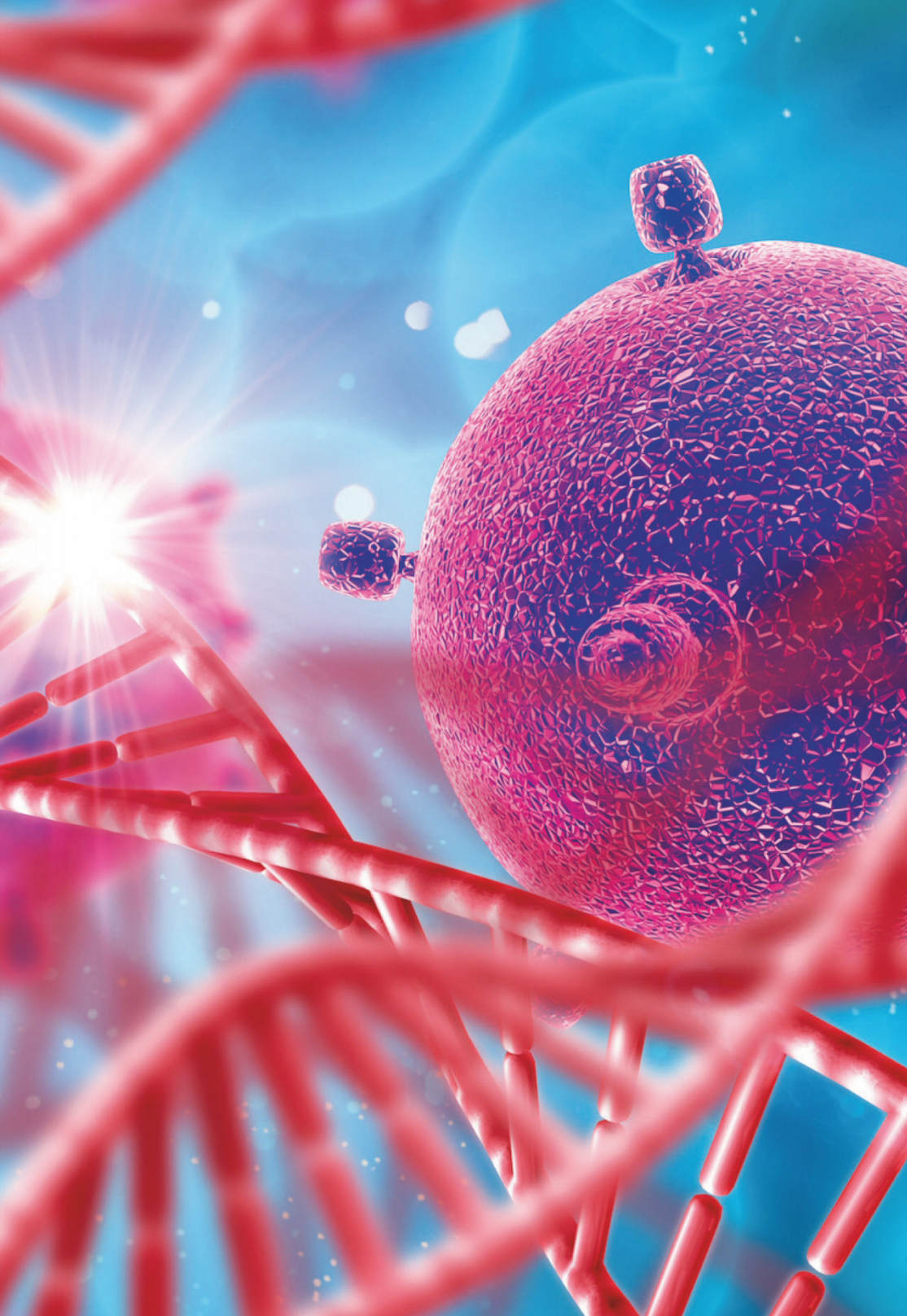
Another trend that's unstoppable is the digitisation of health, and whilst it is necessarily technologically driven, it can also be very empowering and motivating. When we have numbers that describe aspects of our health, we can track our progress more effectively. However there is also the potential for us to disconnect when using technology. Digitisation in primary care is already disconnecting doctors from their patients, doing damage to the value of the therapeutic relationship in the process. Many doctors today spend more time staring at their screens than they do building relationships with their patients.



Proactive Healthcare

Proactive healthcare that's about health creation using nutrition, lifestyle and other non-pharmaceutical approaches, is of course the most sustainable kind of healthcare. But it's not that popular with pharma as it means that most people can avoid using medications for most of their lives. This is why we need to transition from a reactive approach to healthcare, to a proactive one.

The present business model means you don't do a lot until disease has been diagnosed. Then you receive interventions, often later in life when you've often got more than one disease, delivered by people who are trained largely to deliver drugs and surgery.



Management mostly needs to happen in communities *outside* the physical structures associated with mainstream medicine such as hospitals and clinics. We need to focus much more on *resilience* than just being free from illness or injury. We also need to focus more on the specific function of different body systems and the interactions and responses we experience to stressors and other elements in the dynamic ecological systems of which we are a part.

Naming diseases and then trying to tame them with drugs or surgery isn't really healthcare, it's disease management. This is what we've been doing on a large scale for the last half century or so and it's no longer working for us.



This takes us back to the kind of metrics we need to describe our state of health and resilience. Yes, at some level, it's useful to quantify some of who we are. But let's not forget some of the much more subjective drivers of health and resilience. Let's take our psycho-social and emotional health, for example. Or what gets you out of bed in the morning—what the Japanese refer to as *Ikigai*.

These are softer markers but they are no less important, which takes us to whole system models of health:

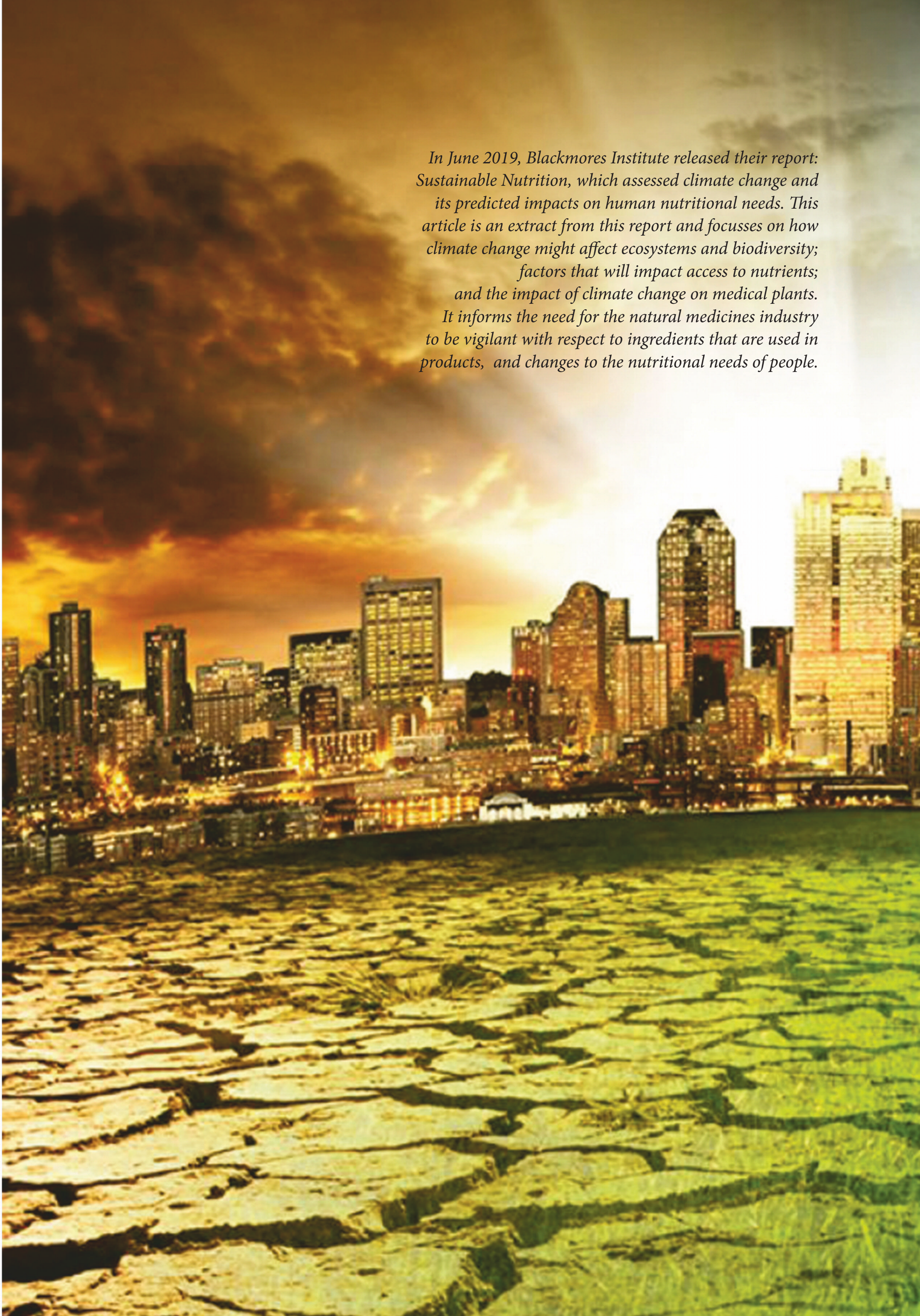
- The oldest we know of is the great 4000+ year-old, Indian tradition of Ayurveda. It's amazing that the *prakriti* which includes the three doshas, namely *vata*, *pitta* and *kapha*, have now been substantiated by modern genetic evidence.
- Then you've got the Whole Health model, now used on the biggest healthcare system in the U.S., that of the Veterans Administration (VA). This model is personalized, and centres on empowerment, self-care and treatment that focuses on the whole person. Although under attack by skeptics, Reiki, acupuncture and other natural therapies are offered as part of the medical benefits package for veterans under this scheme.
- The Meikirch model was born in a Swiss village by a group of doctors looking for better ways to help their patients understand their bodies as adaptive systems, with multiple points at which specific behaviours and interventions can influence health. All of the pressure points and interactions are distilled into 5 domains and 10 interactions, all of them actionable.

The final two whole health models that we should mention, is Dr Lee Hood's P4 Medicine model and the Functional Medicine model.

The former is more about providing a context for the development of strategies and technologies that are amenable to a systems biology approach to medicine. The latter is a model that can guide patients through the key systems that improve function and create better health outcomes in cases of complex, chronic diseases.

www.anhinternational.org

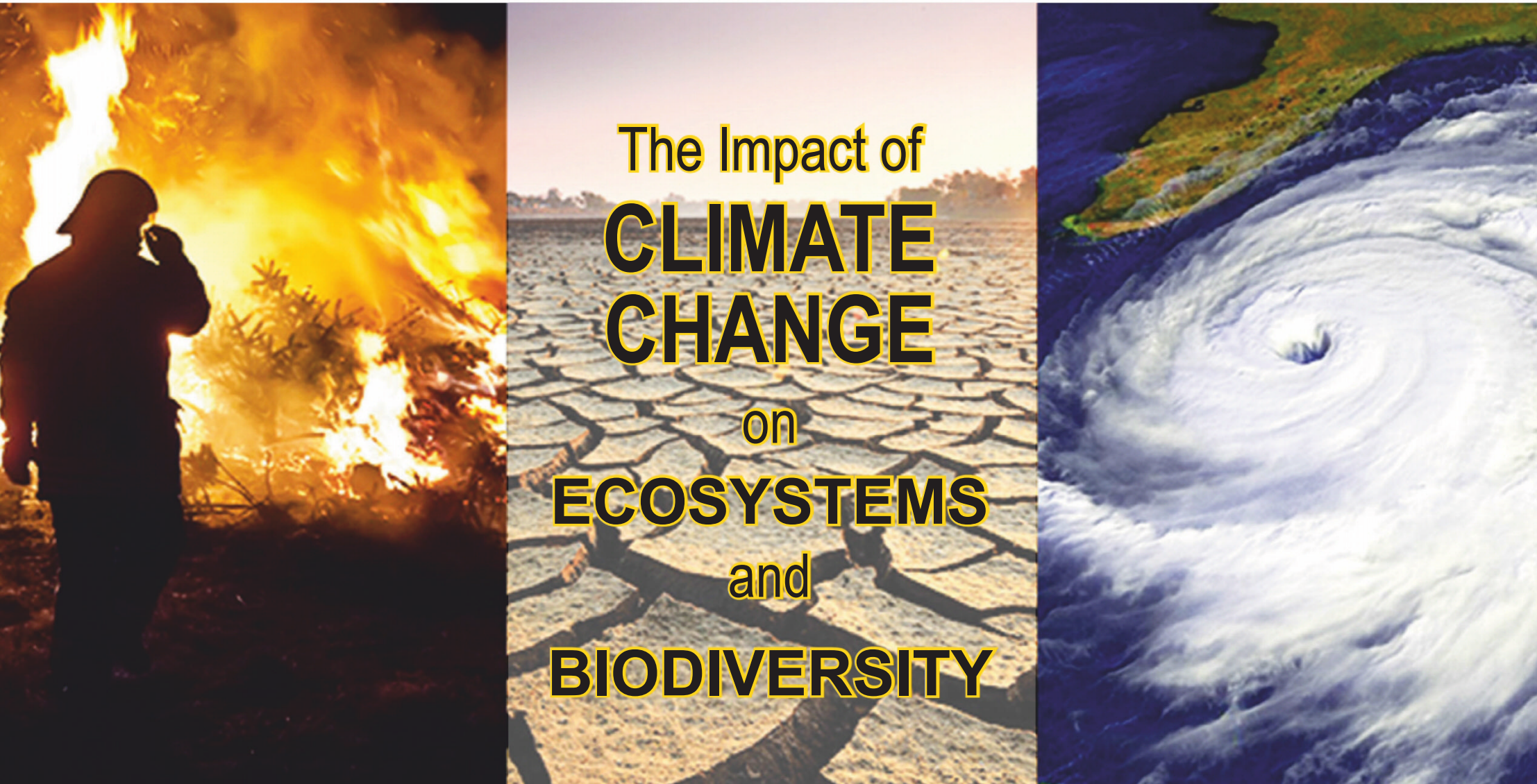
In June 2019, Blackmores Institute released their report: Sustainable Nutrition, which assessed climate change and its predicted impacts on human nutritional needs. This article is an extract from this report and focusses on how climate change might affect ecosystems and biodiversity; factors that will impact access to nutrients; and the impact of climate change on medical plants. It informs the need for the natural medicines industry to be vigilant with respect to ingredients that are used in products, and changes to the nutritional needs of people.





What is Climate Change?

In the context of this report, climate change refers to changes in climatic factors such as temperature, precipitation and wind over extended periods of time. Changes in the earth's orbit, volcanic eruptions, variations in solar radiation, the movement of crustal plates and natural changes in greenhouse gases have continued to shape the earth's climate over billions of years, as have weather conditions such as the El Niño Southern Oscillation (ENSO) effect. Historical fluctuations in the earth's temperature have been identified, but there is evidence that since the start of the industrial era, anthropogenic (human) activities have further contributed to the expected rate of change of the earth's surface and atmospheric composition, resulting in a net increase in the global mean temperature. Simply put, the earth is getting warmer. This is mainly due to ocean warming which dominates the heating rates and accounts for around 93% of the effect, while melting ice, warming of the continents, and warming of the atmosphere accounts for the rest. During the 20th century, the earth warmed by approximately 0.7°C and most of this occurred over the last three decades.



The Impact of **CLIMATE CHANGE** on **ECOSYSTEMS and BIODIVERSITY**

Global warming is expected to impact both terrestrial and marine ecosystems. Survival of plant and animal species will depend on their ability to adapt under new environmental conditions, new geographical locations and new ecosystems, quickly and effectively. Under global warming, changes in extreme weather and the frequency and severity of climate events are expected to increase. Heat waves, droughts, rising sea levels, heavy precipitation, floods, hurricanes and severe weather events will add to the environmental stress on global ecosystems.

THE EFFECTS OF CLIMATE CHANGE ON TERRESTRIAL BIODIVERSITY

As the planet warms, the risk of significant loss of biodiversity will also increase.

With a possible global temperature increase of 2-3°C., 18% of insect, 16% of plant and 8% of vertebrate species may lose their geographical range, leading to species losses. Unfortunately, there is already evidence that the climate is changing more rapidly than some species can adapt.

The loss of insects will have major ramifications across both plant and animal life, adversely affecting ecosystem functioning. Insects play a central role in a variety of processes, including pollination, herbivory, the decomposition of plants and animals in the soil, nutrient cycling, and providing a food source for higher vertebrates such as birds, mammals and amphibians. For example, 80% of wild plants are estimated to depend on insects for pollination, while 60% of birds rely on insects as a food source.

Impacts on Plants

The effects of global warming on plant species can already be seen around the globe. In the northern hemisphere, plant species are steadily shifting northwards and to higher altitudes where conditions are more favourable for their growth. Higher altitude conditions can only support plant species to a certain point after which the species face extinction. Changes in plant phenology including advanced budding, flowering and fruiting have also been reported. These processes have impacted on pollination practises and invertebrate ecosystems associated with these plant species.

Drought is another risk factor impacting the viability of plants. The increased global risk of drought due to climate change threatens to expand desertification, especially in sub-Saharan Africa, Southern Africa, and North America, endangering the survival of endemic plant species which must live within a narrow geographical range.

Global warming has also increased the risk of other biodiversity-related threats such as fires, extreme weather events and the spread of invasive species, pests and diseases. Increased flooding due to a rise in sea level combined with increased rainfall and likely changes to monsoonal patterns, place the southeast Asian region in a vulnerable position and will significantly impact food production.



According to the IPCC, the Himalayas are likely to experience some of the most drastic climate changes in the world outside of the polar regions, with temperatures predicted to increase by 5-6% and rainfall to increase by 20-30% by the end of the century.

Impact On Fauna

The effects of global warming on animal species have been observed in several ecosystems including rainforests and the polar regions (both Arctic and Antarctic). The geographical range of several animal and invertebrate species has changed, especially in the higher latitudes with species moving north and to higher altitudes. Fauna phenology has also changed with life events such as emergence from hibernation, amphibian calling and mating, spring bird migration, egg-laying and appearance of butterflies all occurring earlier. Animal species most at risk of survival are endemic species with narrow geographical ranges and rainforest, alpine and polar species.



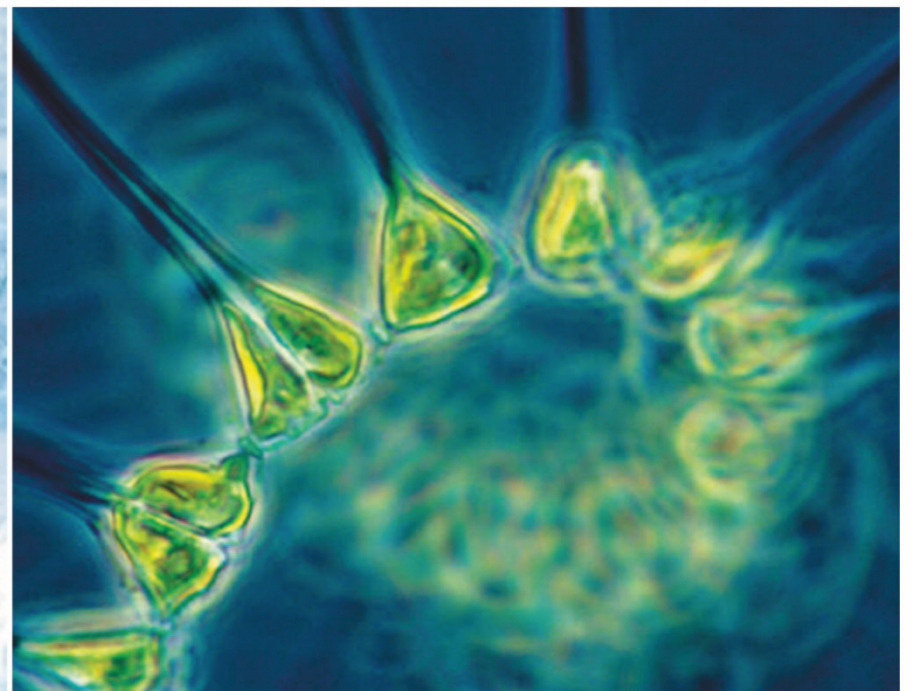
THE EFFECTS OF CLIMATE CHANGE ON MARINE BIODIVERSITY

Global warming of 2-3°C is predicted to impact both phytoplankton biomass and fish numbers. Certain areas may benefit from temperature increases—such as those in the higher latitudes. Fish are predicted to migrate from lower to higher latitude waters which may better support their survival, causing a change to the ecosystems in those areas.

Phytoplankton and single-cell algae levels will dramatically decrease due to the toxic effects of increases in both UVB radiation and CO₂ levels. The consequences of this will be felt all the way through the marine food chain, affecting marine life on every level.

Non or less mobile ecosystems such as kelp forests and coral reefs are projected to experience high species losses. There is multiple evidence to suggest that 70-90% of coral reefs that exist today in tropical areas will disappear with global warming of 2-3°C. Tropical waters of the lower latitudes are predicted to experience changes to their ocean chemistry including increased hypoxia and acidification, due to increased CO₂ absorption. The reduction in fish species and numbers will impact on fishing, fishing practices, and human access to food in those regions.

“Global warming is a reality and any strategy to mitigate its effects needs to take into account environmental, industrial, agricultural, nutritional, food safety and security factors in order to ensure survival of the planet’s diverse ecosystems.”





FACTORS THAT WILL IMPACT ACCESS TO NUTRIENTS



Climate change due to increases in atmospheric CO₂ and global warming is predicted to impact global agricultural production, food security and human health and nutrition, however the extent to which this will happen is still not clear.

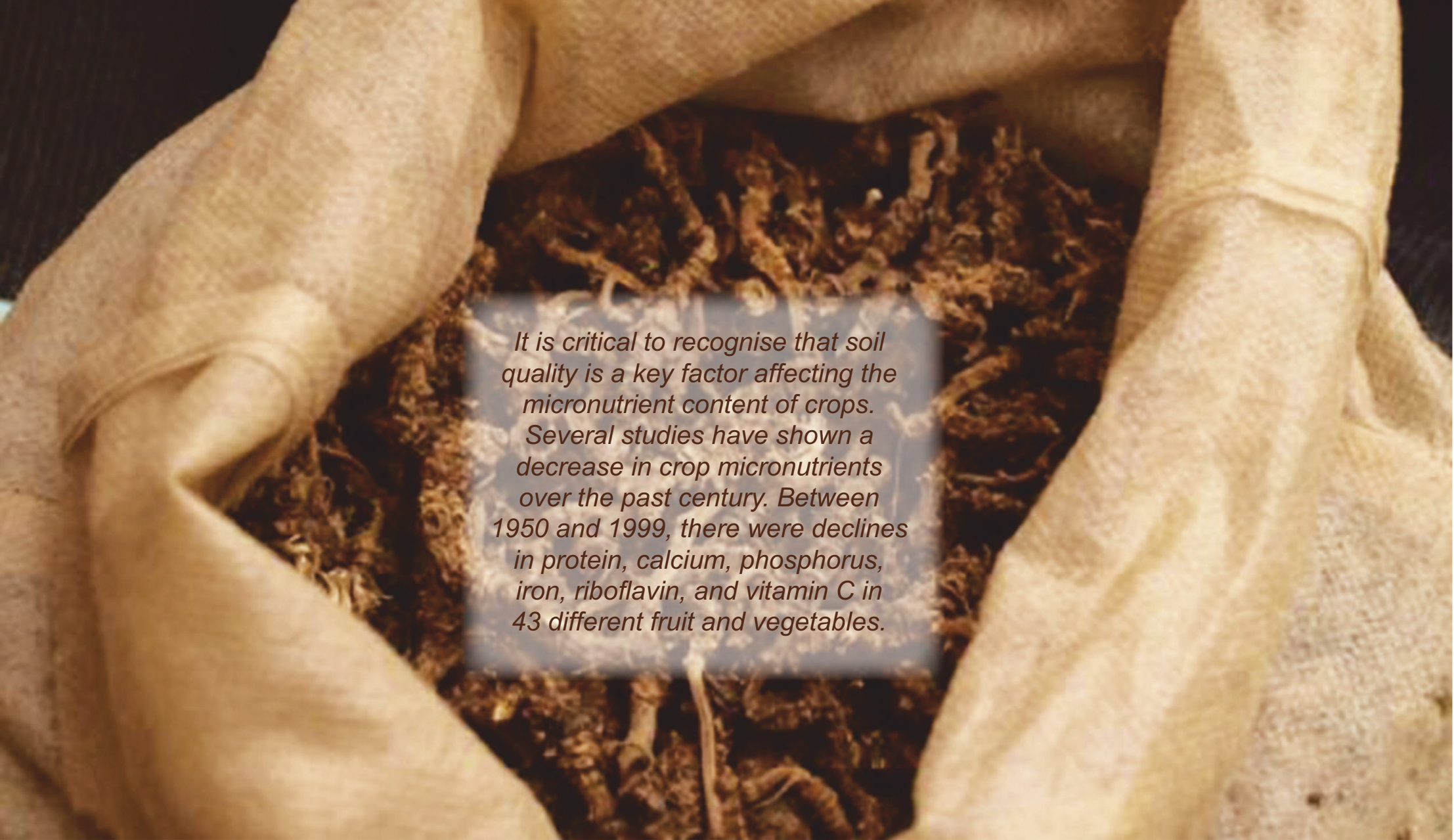
Reduced Biodiversity And Reduced Food Variety

Loss of habitat through the clearing of forest, grassland and wetlands results in a loss of both plant and animal species, some of which are key food sources. Their loss decreases dietary diversity for some of the most vulnerable populations who rely on foraging and hunting for food.

The extensive use of agrochemicals to control weeds and other pests also causes species loss. Many varieties of crops have been lost due to a focus on maximising productivity of select crops to the detriment of others.

As a consequence, national food supplies are becoming increasingly homogeneous and dependent on a couple of truly global crops, including major cereals and oil crops. Current agricultural practices are moving further toward intensified monocultures, which increase grain yields in the short term but limit dietary and biological diversity.

Approximately 200 plant species and five animal species supply most of the foods consumed at the global level. Wheat, rice, and maize alone contribute roughly 56% of the global dietary energy supply derived from plants.



It is critical to recognise that soil quality is a key factor affecting the micronutrient content of crops. Several studies have shown a decrease in crop micronutrients over the past century. Between 1950 and 1999, there were declines in protein, calcium, phosphorus, iron, riboflavin, and vitamin C in 43 different fruit and vegetables.

Soil Quality And Micronutrient Levels Are Dropping

The earth has lost half of its topsoil over the past 150 years. Increased demand for agricultural products has led to deforestation and grassland clearing. Poor agricultural practises have exposed the fragile topsoil to erosion, nutrient depletion and increased salinity. This has led to increased pollution and sedimentation in rivers, clogging waterways and impacting on aquatic ecosystems. Soil quality has also been declining due to intensive monoculture as well as heavy fertiliser, pesticide and herbicide use.

Between 1930 and 1980, there were decreases of 9% in calcium, 22% in iron, and 14% in potassium in 20 different vegetables.

Declines in micronutrient content are not caused solely by soil quality; changes in cultivated varieties, anomalies in measurement, changes in the food system, and changes in agricultural practices are all likely contributing factors. Therefore, there exists a clear link between soil quality and micronutrient content that needs to be addressed.

Increasing Soil Nutrients Can Have Unwanted Effects

Currently, nutrient-deficient or poor soils undergo intense fertilisation to improve their nutrient quality. The production of fertilisers is energy-intensive and contributes to the greenhouse gas load in the atmosphere. “It is critical to recognise that soil quality is a key factor affecting the micronutrient content of crops.

It’s a conundrum that the poor nutrient levels in soils are likely to be addressed with the growing use of energy-intensive and emissions-intensive fertilisers which will inevitably exacerbate global warming.”

An increase in atmospheric CO₂ is expected to benefit crop growth and crop yield in the short term. However, increased temperatures will lead to changes in soil microbial physiology thus altering the cycling of nutrients and affecting the availability of nutrients for crop growth. Increases in CO₂ decrease the uptake of nitrogen by crop plants resulting in reduced nutrient uptake and lower concentrations of nitrogen and protein in the leaves and seeds. Increasing the soil’s nitrogen supply may help to overcome this, however, this needs to be done in a sustainable way.

Studies on staple crops plants such as wheat, rice, soybean and barley, grown under models of increased atmospheric CO₂ conditions predicted for the middle of this century, show lowered levels of calcium, magnesium, phosphorus, potassium, sulphur, cobalt, zinc, iron, copper, manganese, nickel, selenium, silicon and protein in different studies. The predicted effects on plant crops, such as maize, sugar cane, millet and sorghum, are not yet known.



THE IMPACT OF CLIMATE CHANGE ON MEDICINAL PLANTS



Medicinal plants are a valuable source of new drugs with over 25% of medications currently prescribed in the developed world being derived from wild sources. It is estimated that 80% of people in developing countries totally depend on herbal medicine for their primary healthcare. The use of medicinal plants is growing rapidly with an increasing demand for herbal medicines, natural health products and secondary metabolites from medicinal plants. It is estimated that plant species loss is 100 to 1,000 times higher than the expected natural extinction rate and the earth is losing at least one potential new drug every two years.

Preservation of medicinal herbs must be a priority given 80% of people in developing countries totally depend on traditional herbs as their primary form of healthcare.

According to the International Union for the Conservation of Nature (IUCN) and World Wide Fund for Nature (WWF), 50,000 – 80,000 plants are used as therapeutic agents worldwide, representing over 10% of all plant species. Of these, nearly 15,000 species are faced with extinction due to loss of habitat and overharvesting, and 20% of their wild resources have already been exhausted with increasing human population and plant consumption. In areas where wild collection

and cultivation of medicinal plants is controlled, inefficient and incorrect management resulting in loss of species can spell economic disaster for communities who depend on these industries.

The distribution of medicinal plants is not uniform across the world. China and India account for the largest use of these plants, followed by Colombia, South Africa and the United States. Certain plant families not only have higher numbers of medicinal species, but also have a larger number of threatened species than others. Rare species, species with narrow geographical ranges (endemic species) and species with specialised reproductivity are most vulnerable to rapid extinction. While over-exploitation, indiscriminate collection, uncontrolled deforestation and habitat destruction all contribute to species rarity, climatic factors such as global warming are also threatening the survival of medicinal plants and their properties.

Proposed Solutions For The Conservation And Sustainable Use of Medicinal Plants

The conservation and sustainable use of traditional plants have been well studied. Conservation strategies include in situ conservation (in natural reserves and wild nurseries) and ex situ conservation (in botanical gardens and seed banks). While wild-sourced species are more desirable, the advantage of cultivated plants is that growing conditions can be better controlled leading to more predictable yields. It also removes doubts over plant quality, authenticity and origin.



Increasing Soil Nutrients Can Have Unwanted Effects

Good agricultural practises (GAP) have also been developed for medicinal plants to regulate production, ensure quality, and facilitate the standardisation of herbal medicines. In China, authorities have promoted GAP for commonly used herbal medicines in regions where those plants are traditionally cultivated. In India, farmers have developed strategies to respond to changing weather patterns within their regions, particularly for the cultivation of medicinal plants in arid and semi-arid regions.

Organic farming provides an integrated, humane, and economically and environmentally sustainable farming system for medicinal plants.

It relies on farm-derived renewable resources to maintain biological processes and ecological habitats. The use of organic fertilisers contributes to soil health and nutrient composition and may improve the yield of secondary metabolites and volatile oils from medicinal plants.

The sustainable use of medicinal herbs is important, especially for those that are slow-growing or whose yields are limited, in order to protect them from extinction. In general, good harvesting practises need to be developed for different medicinal herb species. Root and whole-plant harvesting are more destructive to medicinal plants than harvesting aerial parts such as leaves, buds or flowers. Instances where aerial parts can be used in place of root or whole-plant harvests, are a more sustainable alternative.

SUPPORTING AND SOURCING SUSTAINABLE RESOURCES

The following are examples of initiatives that provide safe and sustainable sources for medicinal plants:

Fair Wild Standard and International Standard for the Sustainable Wild Collection of Medicinal and Aromatic Plants (ISSC-MAP) under CITES

The Fair Wild Standard was set up by the Fair Wild Foundation in Switzerland in 2008. It applies to wild plant collection enterprises wishing to demonstrate their commitment to sustainable collection, social responsibility and fair trade principles. The purpose of the Fair Wild Standard is to ensure the continued use and long-term survival of wild species and populations in their habitats, while respecting traditions and cultures, and supporting the livelihoods of all stakeholders, particularly collectors and workers. The standard assesses the harvest and trade of wild plants, fungi and lichen against various ecological, social and economic requirements. It helps support efforts to ensure resources are managed, harvested and traded sustainably, providing benefits to rural producers. One of its aims is to assist in facilitating the recommendations of the International Standard for the Sustainable Wild Collection of Medicinal and Aromatic Plants (ISSC-MAP), a project under the Convention on International Trade in Endangered Species of Wild Fauna and Flora (CITES).

Sustainable Herbs Program

Set up through the American Botanical Council, the Sustainable Herbs Program seeks to ensure the safety, quality and sustainability of medicinal plants within the herbal medicine industry. It monitors the entire supply chain – from growers through to consumers. It supports sustainable organic and regenerative growing initiatives.

Botanic Gardens Conservation International (BGCI) Initiative

The BGCI was established in the U.K. in 1987. It supports the development and implementation of the Global Strategy for Plant Conservation (GSPC) at a global, regional, national, and local level. It works directly with members and other plant conservation organisations, carrying out threat assessments, seed conservation, ecological restoration, plant health and education projects around the world. It is one of the largest initiatives for the conservation of threatened plant species.



WELL FASHION

*Wellness in fashion has provided the inspiration and framework for a new trend: how the market and mindset around fashion is moving from unhealthy to more well. Presenting at the annual Global Wellness Summit (GWS) 2019 held in Singapore, CEO of BudDhaGirl, Jessica Jesse, has provided the inspiration and framework for this new trend, suggesting that the 'well' fashion concept will be better for the planet, better for the people who make clothes, and better for the people who wear them. In this excerpt from the GWS 2019 Wellness Trends Report, **Beth McGroarty** describes what some of these new trends look like.*



In our Western culture, a lot of fashion consumption is based on a fast fashion/mall-rat mentality, and this has its costs. In America for example, the average person buys 86 items of clothing a year, 80 percent of which are seldom worn. Clothing consumption has doubled in under two decades. Every second, the equivalent of one rubbish truck of textiles is landfilled or burned.

However forecasts indicate we are moving from an age of conspicuous consumption to an age of conspicuous conshumanism, where people display their humane (rather than their monetary) worth through choices they make as consumers.

With a new anxiety around wealth, spending is migrating to goods that tell a story about how they help people or the environment.

Essentially, a new interest in Well Fashion is underway. Global fashion search platform Lyst reported a 47 percent growth in sustainability-focused fashion keywords in 2018 such as *vegan leather* and *organic cotton*. *Sustainable fashion* made Pinterest's top social trends for 2019.

THE FUTURE

On-Demand, Bespoke Clothes, Accessories and Jewellery

A new era of Artificial Intelligence (AI) and 3D design technologies means brands will start delivering much smarter, on-demand, made-to-order clothes. This digital-only and machine-powered fashion design is far more sustainable, as it reduces production volume because items are only produced when necessary, and because clothes are custom-designed to actually fit (with preferred colours and features). Below are examples of a few companies who are using this technology:

- Change Of Paradigm is developing virtual and holographic reality apps that let people experience clothing before they buy. They use digital textiles to ensure fit, and you can easily change patterns, prints and features.
- CLO has developed 3D virtual prototyping programs so fashion designers can create without ever sewing or cutting a physical pattern. Everything is done online.
- Denmark's Solve is rolling out downloadable fashion. If you have access to a laser cutter you can download their handbag patterns, laser-cut the recycled fabrics, and for only a few dollars and 20-minute assembly time, you have a cool, sustainable new bag.





Agraloop is making textiles out of food crop leftovers, creating biofibres from food such as banana and pineapple



SUSTAINABLE MATERIALS
Clothes Made of Algae, Mushrooms and Crop Waste

So many materials we have been making clothes from are Earth killers. Man-made fabrics such as nylon, polyester and acrylic are petroleum-based, meaning they can take centuries to decompose and they release tsunamis of plastic microfibres into oceans and lakes. Toxic bleach, dyes and thousands of other chemicals used in clothing manufacturing pollute our air and water. Clothes packed with chemicals and dyes can also hurt our bodies.

The future is natural fibres that are sustainably sourced, such as silk, linen, organic cotton, wool, flax, hemp and alpaca, and semi-synthetic and cellulosic fibres such as modal, rayon, tencel, lyocell and cupro, that involve man-making but break down more easily. There is so much radical innovation in sustainable materials from zero-waste to hyper-renewable algae happening:

- Israeli-based Algalife turns algae into fibres and dyes. The fabrics are also designed to improve and protect skin, as proteins, vitamins and anti-inflammatories are naturally released by algae-immersed fabric
- AlgiKnit crafts yarns from algae for use in clothes and shoes
- Vivobarefoot has created Ultra III Bloom running shoes made from algae, and sourced from destructive algal blooms in waterways that release toxic chemicals. Each Vivo pair prevents 40 balloons of CO2 from being released into the atmosphere
- Fungi fashion, produced by company's such as MycoTEX, are pioneering custom-made clothes fashioned from decomposable mushroom roots





Plastic water bottles are an environmental scourge, with a million sold worldwide every minute.

Recycled plastic fashion is surging:

- ThisIsADay uses recycled plastic to make its futuristic clothes (one jacket is made from 41 reconstituted water bottles)
- Everlane is launching a line called ReNew made entirely from millions of recycled water bottles
- Chilean brand Novedades creates luxury fashion from plastic bags
- Rothy shoes are made from 100 percent-recycled bottles
- Spain's Ecoalf creates clothes and shoes from algae and recycled plastic as part of its Upcycling the Oceans collection.

SMART CLOTHES That Boost Your Health and Wellbeing

A revolution in smart materials is creating clothing that optimises your wellbeing while you wear it. A dizzying array of new technologies, from Internet-of-Things hardware/software to body-mapping technologies, mean futuristic fashion can embed numerous wellness benefits, such as clothes that adapt to all kinds of environmental and bodily changes (heat, cold, air flow and UV rays). But the trend spans much more than environmental response clothing.





EcoAlf

An era of *active well clothing* that is connected, intelligent and healing is rising: from anti-bacterial clothes that clean themselves, to clothes that can heal or moisturise your body, to clothes that express your mood.

Some of these high-tech concepts give new meaning to the idea of *comfortable* clothes:

- A collaboration between Zaha Hadid Design and Swiss tech-sports brand Odlo offers base layer leggings and tops that deploy seamless knit technology and organic body mapping to control the flow of air around the body and adapt to your breathing and movement like a second skin.
- Become uses techwear fabrics to help menopausal women manage hot flushes and night sweats.
- There are clothes that help our bodies heal and sleep. Under Armour's Athlete Recovery Sleepwear enmeshes bio-ceramic technology into pyjamas that absorb infrared wavelengths emitted by the body, and reflects them back as far infrared energy to help the body recover faster and improve sleep.

- Start-up Lumiton has just created a sunlight-activated Wear Healthy line powered by laser technology that is designed to deliver multiple wellness benefits. The UV-protecting fabrics are infused with laser dyes that get energised with sunlight to produce red and near-infrared light, whose wavelengths they argue, increase collagen and muscle growth and reduce pain and inflammation.
- Tech sportswear brand Buki has released a chemical-free Collagen Collection, which embeds collagen into fabrics to provide all-day moisturising, and the effect never wears out because the fabric is *made* of the protein.

Beyond the futuristic, another trend is weaving 'ancient wellness' and herbal properties into fabrics and clothing collections. Eco-chic Australian label Kitx uses Ayurvedic recipes to dye their collection and to infuse them with antibacterial properties. Menswear line Emily Bode creates aromatic textiles suffused with Indian medicinal plants (such as turmeric, neem and basil). And if we had Earth Shoes in the 70s, trendy footwear designer Astara has essentially created earthing shoes, using crystals such as black onyx and blue apatite, so that the shoes resonate at the same vibration as Earth's magnetic field (7.83 hertz) and you feel like you're walking barefoot on grass or sand.



Apps Make the Right Choice Easier

Launched in Australia in 2018, Good On You is an app that has data on 2,000 brands—you can just type in the brand or a type of clothing and instantly see an out-of-five rating along with a summary of how ethical and sustainable the company is. Their algorithm crunches a huge amount of data from certification platforms such as Fair Trade, Carbon Trust, the Global Organic Textile Standard and Greenpeace Detox, to rank brands in different areas such as how they treat workers, the planet, or animals. The app also makes suggestions to help you discover new Well Fashion brands if your brand comes up ‘avoid’ or ‘not good enough.’

Gender Fluid Fashion

The future, a next stage in Well Fashion, will be more exploration of all the things that clothes could let someone be. Jessica Jesse notes that while we humans are hardwired to be individuals, so much of recent (and fast) fashion has robbed us of our uniqueness and histories. In other words, the very joy of fashion: its unique power to express meaning and tell a story. Jesse predicts a future where personal expression and meaning will matter more in fashion. “The Maasai women of Kenya and Tanzania are really the best-dressed women in the world,” notes Jesse.

Maybe that’s why Pinterest recently reported that African print fashion was one of the top fashion trends of 2018, with searches up 229 percent—people are hungry for more vibrant, tradition-rich fashion that actually means something. If in the West, women have but one day (their wedding) devoted to the concept of meaning and story as the very point of dressing; “something old, something new, something borrowed, something blue,” in the future Jesse predicts, that kind of philosophy will become more everyday-important.

A slower, more mindful and self-expressive form of dressing is arising, where each item bought or chosen has value, because it has been thoughtfully crafted or refashioned from something in your mother’s or friend’s wardrobe, and because it reflects and captures—through your experimentation—what makes you, you.





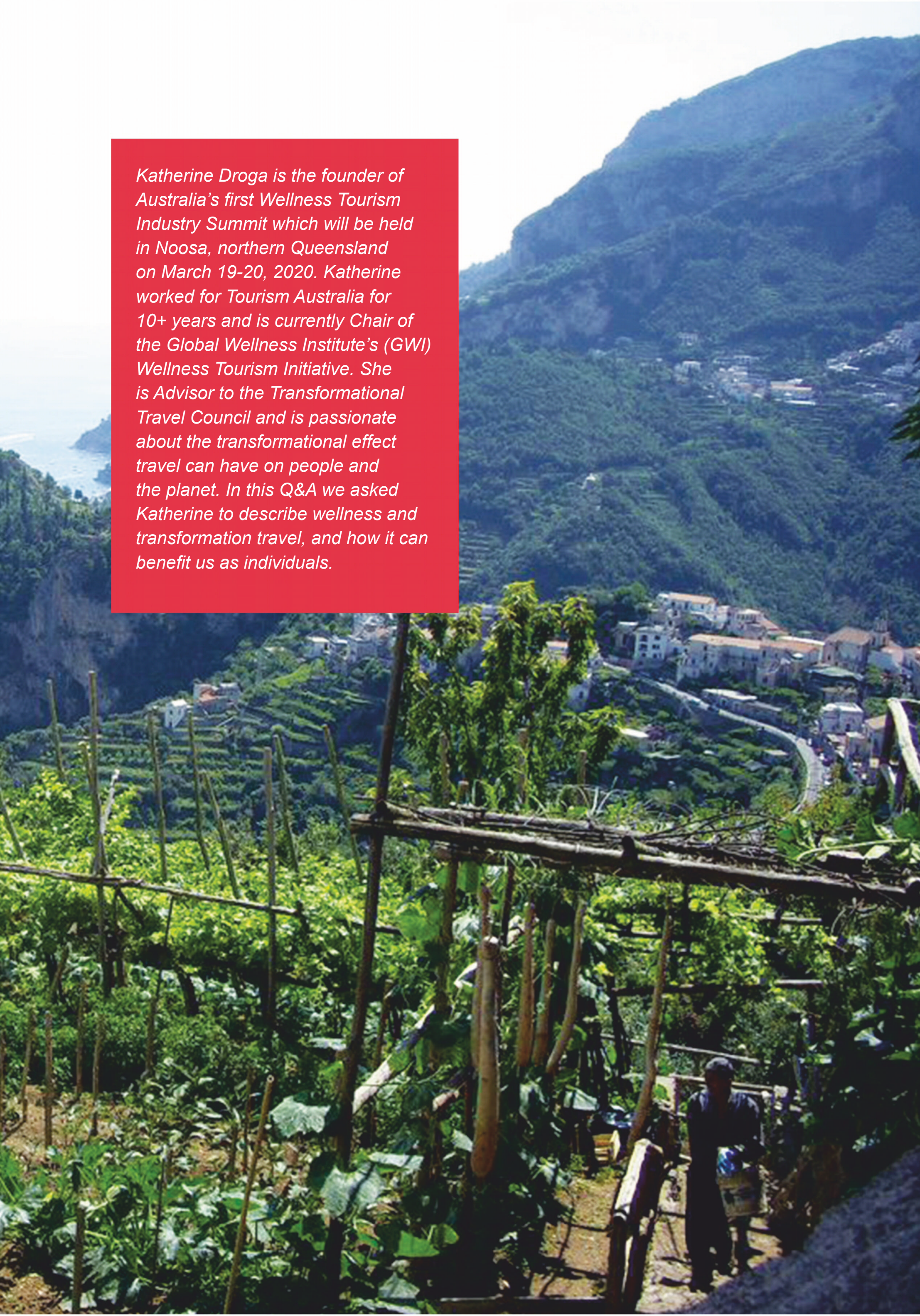
“Everything the Maasai put on has a provenance, a complex meaning, and tells a story. Every colourful pattern in the many-layered fabrics they wear, every bead on their necklaces, tells the story of who they are and where they came from—over generations.”



Wellness Travel



Katherine Droga is the founder of Australia's first Wellness Tourism Industry Summit which will be held in Noosa, northern Queensland on March 19-20, 2020. Katherine worked for Tourism Australia for 10+ years and is currently Chair of the Global Wellness Institute's (GWI) Wellness Tourism Initiative. She is Advisor to the Transformational Travel Council and is passionate about the transformational effect travel can have on people and the planet. In this Q&A we asked Katherine to describe wellness and transformation travel, and how it can benefit us as individuals.



***Katherine, can you firstly tell us how you would describe wellness?***

Of course. Initially I would say wellness is different things to different people. Personally, and from a health perspective, I would see the medical approach as being more *reactive*, and the wellness approach as more *proactive*. The World Health Organisation define wellness as a state of complete physical, mental, and social wellbeing.

OK, so then what is wellness travel?

I see wellness travel as being the type of travel people choose when they are looking to kick-start, maintain or enhance their lives. The tourism industry and Global Wellness Institute (GWI) describes wellness travel as “travel associated with the pursuit of maintaining or enhancing one’s personal wellbeing.” For me wellness travel is so varied and depends on my mood and needs at that moment in time ... it can be hiking or cycling with my son, doing the Cinque Terre Walk in Italy, an amazing nurturing spa treatment, or an immersive retreat with yoga and meditation.

And transformative travel?

Transformational travel is a broader concept than wellness travel, but many wellness trips are also hugely transformative. It’s a type of travel where something shifts or changes within us ... something happens as a result of the trip we have taken. It is when you travel with an intention to stretch, learn and grow in new ways, so you are open to new ways of being and seeing. On a practical level, it is about being prepared to get out of your comfort zone, maybe experiencing and immersing yourself in local culture for example, connecting with nature, and making time for personal reflection. It really does depend on the individual, but definitely it is all about finding more meaning in your travel, rather than more mindless just going from place-to-place travel. Essentially you are going on a trip to see what might come up for you. Writer Joseph Campbell, an American professor of literature in comparative mythology, talked about this concept of transformative adventures in his book *The Hero’s Journey*.

To put it more into perspective, in your day-to-day life you may be living with ongoing stress that you want to get rid of. You may realise something is not quite right in your life which you want to shift, but you are not quite sure how. Transformative Travel can provide the means for you to explore new possibilities, by doing something you may not ordinarily do.



In my own life I thrive on transformational travel. For example, a few years ago I went on a trip to the Amazon with a group of entrepreneurs from Australia called the Unstoppables. I am not sure why I went on this trip (although I do recall at the time feeling a bit restless in my life), but when the opportunity popped up I just said yes—I do remember thinking I was definitely different to the other ‘typical’ entrepreneurs in the group. I also gave myself an intention before I left, which was to meet someone who worked with disadvantaged kids.



And of course, the very first person I met was a man from Melbourne, Dean Landy, who established The One Heart Foundation in Kenya, which is dedicated to improving the lives of disadvantaged kids through ongoing support and education. We got talking and before I knew it, he had invited me to be on his board. He then invited me to participate in an annual fundraiser he does, which was called Run From Poverty, a marathon in Kenya. I'm not a runner, and at this point I had no intention of doing this, so I politely declined. However ... by the time I got on the plane to go home I had committed to joining the trip, raising \$10k along the way, and running a half marathon!

So yes, this sort of travel can definitely be transformative. I have personally experienced it. Something just shifts at the right time.

It's funny as you're talking all I can think of is the book "Eat, Pray, Love" by Elizabeth Gilbert. Do you think the experiences of the main character in her book (who travels to Italy to seek nourishment from Italian food, India to learn about spirituality, and Bali to seek love), is one of the things that has stimulated interest in this sort of travel?

Well it is definitely about seeking something, but without pushing it. It is about being open to what comes up in the moment. And how that is achieved or manifested is a very personal thing. We are all on different journeys at different times.

Can you also please explain how connection comes into Transformational Travel? What is being offered in this domain from the tourism industry?

Connecting with others and of course yourself is a big part of Transformational Travel. There are so many resorts, spas and retreats around the world now that are offering different experiences within an organised setting. Some are fully immersed in the wellness space, some are luxury offerings, and others adventure-based, but all have a connection to nature.

One place I love is Turtle Island Resort in Fiji. It is a sustainable resort that offers cultural connection within a barefoot luxury experience. So you actually get to meet, connect, and learn from local Fijians about their culture first-hand. They also have a shared guest dining table where you can eat and meet with other guests.

That trip to Africa was both confronting and amazing. When I got back to Australia I quit my job of 10 years.



So the thing about this sort of travel, is that opportunities are created for you to meet and engage with people who are ‘not in your lane’ ... who might be from a completely different background or culture, or who work in a different profession. Examples are endless, but the point is, it can give you a glimpse into a completely different life which in itself can be quite transformational. I think at the moment, given the stresses that we all face in our day-to-day lives, connecting with others will continue to be something travellers are seeking.

So just moving into the industry perspective a bit, re tourism and governments, how are they responding to this potentially and relatively new type of travel?
Well look to be frank, when they can see the \$\$\$, they always take notice. And tourism overall is a huge revenue-earner for governments and such a large provider of jobs for any country. So they are, let us say, waking up to this sort of travel more and more. Plus there is lot of media attention being given to

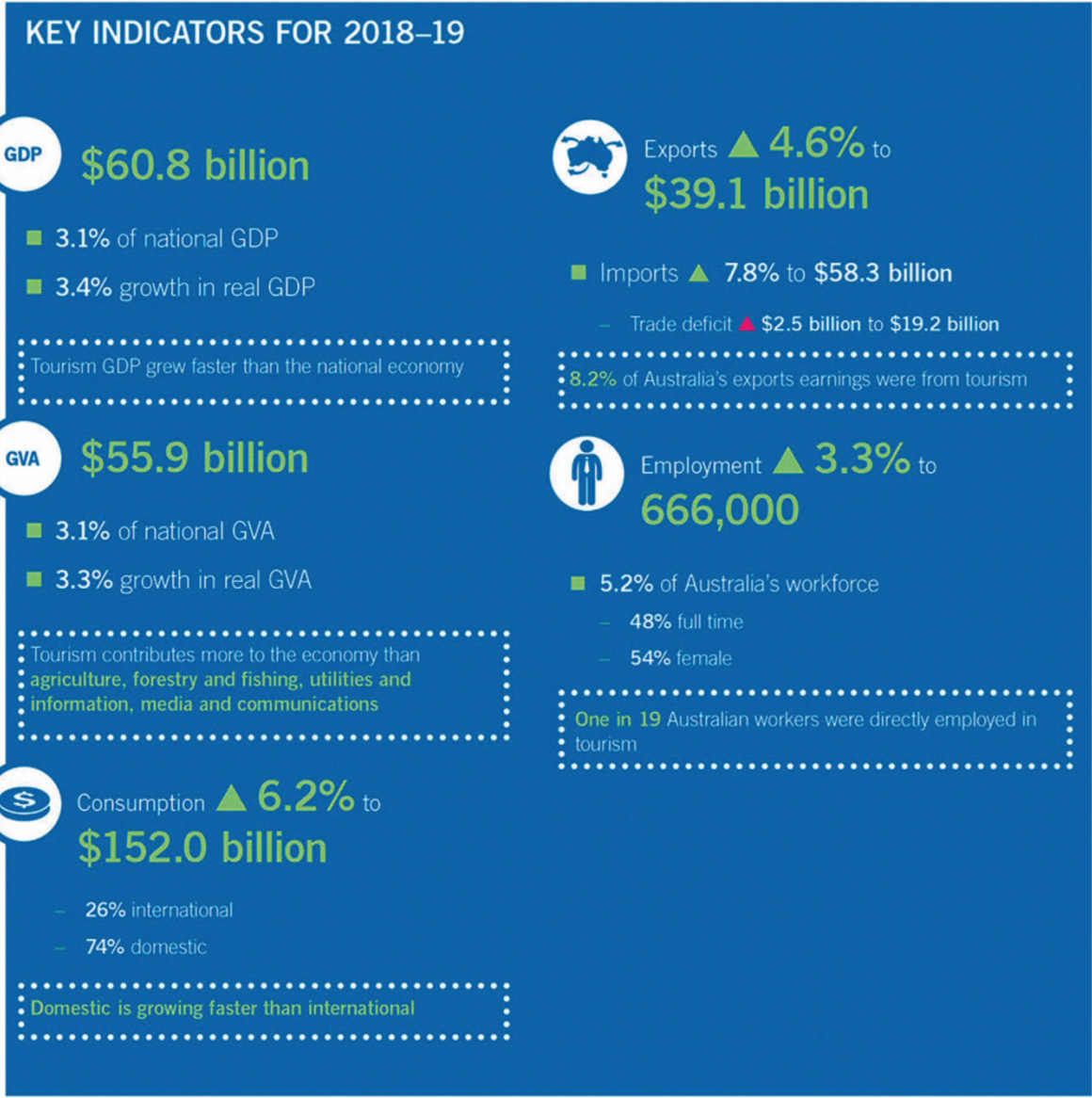
overtourism at the moment, so a lot of countries are looking more closely at the type of people they want to attract.

People who fall into the wellness and transformative travel categories generally tread more lightly on the earth, they are more respectful, they engage with local communities, and they are often more prepared—and interested—in travelling outside of peak seasons.

So I’m hopeful we can change the way we think about the benefits of wellness travel. I want everyone to think about the benefits beyond just the commercial ones, and to look at the social, cultural and personal transformation it can trigger.

A lot of countries are now starting to include a return to ancient rituals and traditions in their travel portfolios, so for example, people can experience an indigenous guide storytelling as they walk them through their lands.

In Australia we are in such a good position to take advantage of this type of travel, where we combine going to a great location with bringing in guides who can communicate and connect people to land and story. Australia is such a special country. I feel there is so much more healing and spirituality that can take place here. I think it is only about championing some of the existing operators, creating new opportunities, and then really shining the light on what we have in this country.





Can you also please share with us about travel trends? How has travel changed, say over the last ten years? And what are primary and secondary wellness travellers?

Over the last 10 years we have moved from travel just being about ticking places off the list, to really *embracing experiences* when we travel. We are seeing a very definite shift to travel that can be transformative, and an increased desire for wellness travel—whether for business or leisure.

The thing everyone is looking for is personalisation. That is; let me as the traveller choose how and what I am wanting to engage with—whether that be more social connection, or a silent retreat and total digital detox.

Primary wellness travellers are people whose main reason for travelling is to have an experience of wellbeing, whereas secondary travellers are people who are travelling on a business or leisure trip and want to include a wellness experience during their time away—so they consciously *add* a wellness aspect to their travel.

With respect to Australians, we are big travellers, and currently what we are seeing is more people who are actively seeking travel that is more responsible. As Chair of the GWI Wellness Tourism Initiative, we have just released a global consumer survey on wellness travel trends.

One of the questions we asked was what are the top five most important things that a traveller looks for on a wellness focussed trip. The global responses in order of importance were:

1. Nature
2. Great food
3. Quality accommodation
4. The spa experience
5. Outdoor activities

Interestingly, eco-friendly and sustainable tourism experiences ranked as the 4th most important criteria for Aussie wellness travellers showing how important this is becoming when booking a wellness trip.

FOR MORE INFORMATION:

Wellness Tourism Summit
www.wellnesstourismsummit.com.au

Transformational Travel Council
<https://www.transformational.travel/>

Global Wellness Institute
<https://globalwellnessinstitute.org/>

One Heart Foundation Kenya
<https://oneheart.foundation/run-from-poverty/>

WHEN PROBLEMS BECOME SOLUTIONS

WHEN WE ARE FACED WITH AN ILLNESS, WHETHER IT IS A MILD ONE SUCH AS A COMMON COLD, STOMACH UPSET, HEADACHE; OR A SERIOUS ONE LIKE HYPERTENSION, DIABETES, HEART ATTACKS, STROKE, ARTHRITIS, OR EVEN CANCER; WE OBVIOUSLY THINK WE HAVE A PROBLEM AND WE TRY OUR LEVEL BEST TO UNDERSTAND WHY WE FELL SICK. WE GO TO THE DOCTORS, WHO EXAMINE, INVESTIGATE AND TREAT OUR DISEASE (OR PROBLEMS). SOME OF OUR DISEASES GET CURED, WHILE MANY DON'T. MANY OF THESE ILLNESSES ARE CHRONIC DISEASES WHICH WE CONTROL WITH MEDICATIONS, AND WE LEARN TO LIVE WITH THEM. SOME DISEASES, LIKE HEART ATTACKS OR CANCER, ARE OFTEN FATAL, IMMEDIATELY OR AFTER PROLONGED TREATMENT AND SUFFERING. AND WHILE MEDICAL SCIENCE DIVIDES THE CAUSE OF DISEASES INTO CONGENITAL, GENETIC, FAMILIAL, ENVIRONMENTAL, INFECTIVE, DEGENERATIVE OR DUE CELLULAR DYSFUNCTION FROM AGEING OR POOR LIFESTYLE, IN THE WORLD OF HEALING AND METAPHYSICS, DISEASES ARE CLASSIFIED IN A VERY DIFFERENT MANNER.

DR P.V. VAIDYANATHAN EXPLAINS.



When you see disease from a metaphysical perspective, they usually fall into three categories.

**1. KARMIC:
WHERE DISEASE AND
SUFFERING IS CAUSED
BY OUR PAST DEEDS,
EITHER IN THIS LIFE OR
IN PREVIOUS LIVES.**

The disease is something that is chosen by our spirit before birth, in order to balance bad karma from previous births. Of course, once we are born, we forget all about this, and don't correlate our suffering to our karma. In all karmic diseases, which include a lot of diseases which are congenital or familial, or for which we cannot ascribe a reason, there is nothing much we can do, except to take the necessary treatment, accept, and carry on, and wait for the karma to end. In some cases, the karma is never fully rebalanced out, and will continue until we die.

**2. SPIRITUAL:
WHERE OUR SPIRIT
HAS PLANNED
SOMETHING FOR THIS
BIRTH, BUT DUE TO
OUR CONDITIONINGS,
SOCIETY, CULTURE,
OR FOR ECONOMIC OR
PERSONAL REASONS, WE
DON'T LISTEN TO OUR
SPIRIT, AND OVERRIDE
ITS DESIRES.**

In these cases, the spirit communicates to us through the body/mind, to get us off the wrong track we have chosen, and to try and get us to listen to our spirit and our calling. If we don't listen, these conditions can persist throughout our lives. The spirit will wait for the next life to fulfil its desires. If however, we recognise our true calling and make necessary changes, our spirit's desire is fulfilled and the disease, which is nothing more than a communication, will dissolve.

**3. MIND-BODY
DISEASES:
MANY OF OUR DISEASES
ARE ACTUALLY
MANIFESTATIONS
OF DISTURBANCES
OR IMBALANCES
IN OUR MIND OR
CONSCIOUSNESS.**

The mind, when in conflict, acts on the body to signal to us that something is not right. Or if we hold a certain belief, and that belief is challenged, it results in a bodily symptom. For example, if we have some serious issues in our mind/consciousness which we are denying or don't want to look at, the mind often creates a disease so that we don't have to look at the original issues, and can spend our time and energy on the disease condition.

**VERY OFTEN A DISEASE, WHICH WE SEE AS A PROBLEM,
IS A SOLUTION TO ANOTHER PROBLEM.**



A friend of mine ... let's call him Joe, was once invited to a dance recital by his close friend John. Joe disliked dance, and could not imagine spending three or four hours sitting in the auditorium. It would be torture to him, but he lacked the courage to be upfront with John, for whom the recital was very important. So Joe agreed to go, although deep down he didn't want to.

The next day when he woke up, Joe had a severe backache which prevented him from sitting up or standing. He was confined to his bed. He called John, told him about his condition, and excused himself from attending the event. John was very sympathetic, and told him to rest up and get well soon. Miraculously, the day after the recital, Joe recovered and was back at work.

So what seemed like a problem—the severe backache—was actually a solution for a bigger issue of not wanting to do something.

Many of our physical and mental diseases fall into this category, where they are actually solutions, or distractions, arising from some other, often unsolvable problem. Had my friend forthrightly expressed that he didn't want to go with his friend, he perhaps need not have suffered backache.

THE ABSENCE OF HONESTY AND COURAGE OFTEN TAKES A HEAVY TOLL ON THE BODY.

We often grapple with many issues in our areas of work, health or relationships. We can get stuck in jobs and relationships we don't like, but lack the courage to take necessary action and honour ourselves and our spirit. It is sometimes easier to just continue with the status quo, and hope

that things will improve.

But the day-to-day struggle will eventually take its toll.

And we know deep down that there is no relief coming. So unable to tolerate the mental and physical discomfort of the job or relationship, our body creates a disease condition such as high blood pressure, infection or diabetes, so that our focus becomes totally shifted to our health, to doctors, to investigations or hospitalisations, and we can, albeit temporarily, disengage from our original problem which doesn't seem to have a solution. In this way, the problem or the disease is actually a solution.

So when faced with illness, it is good to ask ourselves the following questions, to find out why and from where the illness is arising, instead of just popping pills, and assuming that the illness is random. Nothing in this Universe is random, and we are each fully responsible—consciously or unconsciously—for co-creating everything that comes into our lives.

The questions I would suggest you ask yourself are on the opposite page. Once you have gone through this list of questions, you will be in a much better place to know why and from where your current problem is arising from. And with this awareness, along with a requisite amount of courage and truth, you can take the necessary action. You may lie to others, which is bad, but nothing could be worse than lying to yourself.



WHAT IS MY CONDITION PREVENTING ME FROM DOING?

**SUGGESTION PROMPTS: ATTENDING AN ACTIVITY OR EVENT, GOING TO WORK,
PLAYING A SPORT, OR MEETING YOUR MUM**

WHAT IS THIS CONDITION FORCING ME TO DO?

**SUGGESTION PROMPTS: REST, DETACH FROM A CRISIS AND FOCUS ON DISEASE,
CALL SOMEONE, DO BLOOD TESTS, START YOGA OR DO MEDITATION**

IF I DIDN'T STOP MYSELF, WHAT WOULD HAPPEN?

HAS THIS HAPPENED TO ME BEFORE?

**IF THIS PROBLEM OR DISEASE IS SEEN AS A SOLUTION,
THEN WHAT IS THE ORIGINAL PROBLEM I MUST SOLVE?
CAN IT BE SOLVED?**

**IS THIS CONDITION A DISTRACTION FROM SOME OTHER
SERIOUS ISSUE WHICH I FIND UNMANAGEABLE?**

HOW WOULD I FEEL WITHOUT THIS PROBLEM?

**AM I SEEKING ATTENTION OR LOVE BY MANIFESTING
THIS PROBLEM? CAN I INSTEAD ASK FOR MORE LOVE,
ATTENTION OR TIME?**

**IF THIS PROBLEM HAS A HIDDEN MESSAGE FOR ME,
WHAT COULD THAT BE?**

**SUGGESTION PROMPTS: REST, CUT OUT SOMETHING, ASK OR GIVE FORGIVENESS
BE HONEST, STAND UP FOR MYSELF, BE ASSERTIVE**

WHAT IS MY BIGGEST FEAR ABOUT THIS CONDITION?

**HAS THIS CONDITION COME TO EXPOSE MY HIDDEN FEARS
WHICH I MUST RESOLVE?**

WHAT AM I DENYING, ABOUT MYSELF, AND ABOUT OTHERS?

**WHAT NEEDS TO BE EXPOSED AND BROUGHT INTO HEALING
AND LOVING LIGHT, AND ACCEPTED TOTALLY?**

Less Than 6 Weeks to Live

Sometimes we TAKE OUR HEALTH AND LIFE FOR GRANTED.

*We go through our days and nights existing, but not really
HONOURING and EXPERIENCING each day. Then one day
our whole life changes because we are diagnosed with cancer and
suddenly we are FACED WITH OUR OWN MORTALITY.
Life begins to mean more because just the word cancer elicits fear—
fear of radiation, fear of chemotherapy, and ultimately the fear of
our own death. The memories of people we know who have suffered
through chemotherapy and radiation and died come into our minds.
I don't want to die, you say with hope. It's not my time.*

TONI SAUNDERS *shares her story.*





On 10 December 2015, I was diagnosed with Stage IV endometrial and brain cancer. I had twelve inoperable tumours all over my brain. My loved ones came to mind as my mother sat beside me in the emergency room when the doctor finally confirmed my diagnosis. She was the one who made me go to the hospital that night because I was too stubborn to look at the symptoms I had and realise there was something gravely wrong. I was having headaches and was seeing floaters in triangular shapes in my eyes which were illuminated as if they were made of shimmering metal in sunlight. I was also bleeding. The symptoms had started three weeks prior.

I laid in my hospital bed with nurses and doctors coming in and out of my room. My boyfriend Steve, who I've known for 27 years and had been living with for two years, was also with me. It was too much for both of us and the scare of my lifetime. I have two daughters, one with cerebral palsy who I take care of, and the other who birthed my first grandson who at that time was only three years old. He and I are very close.

At first I was heartbroken because I wouldn't be alive to continue to experience my life with them. It took time to realise I didn't have to be afraid. It didn't serve any purpose.

Steve always says that fear is False Evidence Appearing Real and believing that helped keep me alive.

One conviction I've always had—I would never allow myself to have chemotherapy—but I was convinced by others to have radiation. During this process I was also prescribed a steroid. I have never supported Western medicine. I'm into spirituality and alternative healing arts, not pharmaceuticals. I don't even take aspirin for a headache. So I didn't want to take the steroid because I researched the side effects and could see that they could be very damaging to my body. So I wasn't surprised, with only two radiation sessions to go, when the steroid raised my blood sugar to 700.

I fell into a diabetic coma for two days and almost died. All I can remember is Steve asking me if I wanted him to read poetry to me, and he did as I drifted off into another reality. While I was in the coma, the doctor took Steve into his office and showed him my scan results. He said I was going to die soon and that he should prepare himself.

Steve cried at the unfairness of it all, but when I went home from hospital something magical happened. He and I sat outside facing my Holly tree when suddenly at least a hundred birds came from all over the sky. There were all different kinds of birds landing in the tree. They stayed for about 15 minutes and then flew off into the distance. That's when I began to believe that I was not going to die soon. We looked at them as messengers from the Gods telling us that I would be healed.

Fast forward to March 2016, the night before I went in to have a hysterectomy to remove the host (endometrial cancer), I got a call from my radiologist to tell me that my brain tumours had shrunk, and some had even disappeared.

The next morning, I had my hysterectomy and while I was under, they performed a biopsy on my liver. A week later, in April 2016, I met with my oncologist. She told me that my liver was consumed by a large tumour and that I had less than six weeks to live. I was told to call hospice to have them help me as I transitioned to death.

She gave me up to die. I didn't believe her, and I told her so. I gave her a hug and said thank you very much, but I have it from here.



So What Did I Do To Heal Myself?

In November 2015 I started going to a cancer healing center and seeing a Chinese practitioner named Tom Tam (see side panel for more information). When I told him my story, he said, “Don’t believe the doctor. You are going to live.” He also said;

“If you believe you will live, you will. If you don’t, you will die.”

After the doctors gave up on me, I continued going to Tom Tam every week. I then researched what other people with cancer were doing to heal themselves. I found a story about a five year old girl who had liver cancer who was healed by her mother using reflexology with the essential oils of frankincense, lavender, and lemon every night before she went to bed. Two months later she was cancer-free. I was given a poem that a man who had brain cancer used to cure himself. He recited it every day and was healed two months later. I read how to clean out your liver by drinking one glass of water with a lemon wedge squeezed into it every morning, and then not eating anything for 15 minutes. I practised Chi gong, Tai Chi, yoga and meditated. I found out about Chaga, which is a mushroom that grows on the side of a tree. It is great for cancer patients and helps boost your immune system.

Tom also told me that cancer cells can be killed by oxygen so the first thing they do is try to cut off your oxygen supply. So I started breathing deeply as I walked two miles a day. I also had regular acupuncture treatments from his daughter who used Tui Na pressure points to open any blockages. I changed my diet to all organic vegetables and fruit, grass fed beef and free-range organic chicken and turkey. I drank water all day in sips, no juices or alcohol, and ate very little sugar because sugar feeds cancer cells. I drank hot golden milk (turmeric and ginger with almond milk) every night before I went to bed. I kept positive healing thoughts in my mind every day, and two months later, all the cancer markers in my blood were gone. I am now cancer-free. I’ve shared how I healed myself with others. The people who have chosen to mirror my way of healing also share their stories of tumours shrinking and their cancers disappearing. It’s now been four years!



ABOUT TOM TAM

Master Tam is a writer, poet, acupuncturist and healer. He is the developer of the Tom Tam Healing

System which utilises acupuncture, energy healing and tuina for treating conditions which have proven to be difficult to treat by other methods. As part of his healing system, Master Tam has popularised a form of energy healing called Tong Ren Therapy which is based on the Huatuojiayi system (translated as “to treat the spinal cord”), and uses acupuncture points, Western anatomy and the chiropractic system in technique. Tom Tam explains;

“The West has a very good understanding of the body’s anatomy, pathology and physiology. They understand the physical aspects of the body, but they do not understand the energy. This is the reason the West has a hard time understanding many diseases.”

“The East has a very good understanding of the energy in the body and much experience in treatment, but they do not understand much about anatomy and physiology. In traditional Chinese medicine, the doctors learn about meridians and energy points. I believe that in the future, medicine must combine Eastern and Western knowledge. In fact, in China they are already beginning to combine these two healing systems. The traditional and holistic combined will be the best possible treatment system.”

Chinese Medicine works with herbs, acupuncture and energy points. Traditional Chinese Medicine (TCM) works with the body’s energy system (Chi or also called Qi). TCM focuses on balance of the Chi throughout the body, and harmony of the Yin (negative) and Yang (positive) in balancing the body energy systems.

Tom wrote in his book, *Tom Tam Healing System* (2007), “A proper balance of Yin and Yang is vital to good health. When this balance is upset there are many ways to balance the Chi. The most important way to create balance is by diet. In Chinese philosophy, it is believed many diseases are caused from consumption of food.”



CABBAGE AND FENNEL WITH PEAS, MINT, PARMESAN AND LEMON

SERVES: 4-6

Sometimes in life, and in food, there is sheer brilliance in simplicity. This salad exemplifies this, brightening up an ordinary, everyday vegetable like cabbage with big flavours and plenty of herbs - in this case, mint, parsley, parmesan and lemon. This is a lovely light dish on its own, but it's also rather nice served as a side to a hearty plate of pasta.

INGREDIENTS

300g peas (fresh or frozen)
500g cabbage, shredded
2 large fennel bulbs, shaved and fronds reserved
1 cup mint leaves, torn
1 cup flat-leaf parsley leaves, roughly chopped
1 long red chilli, deseeded and finely chopped (keep the seeds in if you like it spicy)
100g parmesan, finely grated
sea salt and black pepper

LEMON DRESSING

80ml (1/3 cup) lemon juice
125ml (1/2 cup) extra-virgin olive oil
1 garlic clove, finely chopped
sea salt and black pepper

METHOD:

For the lemon dressing, whisk the ingredients together in a bowl and season to taste with salt and pepper. Bring a large pot of water to the boil. Add a pinch of salt and blanch the peas for 1-2 minutes, or until they are bright green. Drain and refresh under cold running water. Combine the peas, cabbage, fennel, reserved fennel fronds, herbs, chilli and half the parmesan in a large bowl and toss to combine. Add the lemon dressing, season with salt and pepper to taste and toss gently with your hands until the cabbage begins to wilt (this should take 1-2 minutes). Adjust the seasoning and transfer the salad to a large serving dish. Scatter over the remaining parmesan.







ROASTED CAULIFLOWER WITH CAPER VINAIGRETTE AND LEMON PARSLEY PANGRATTATO

SERVES: 4-6

There's a serious melody of flavours and textures in this salad. Mellow roasted cauliflower is made brazen with a tangy caper dressing and tempered with herby lemon breadcrumbs. The pangrattato recipe is a great one to have in your repertoire, and you can vary the herbs according to your personal taste.

INGREDIENTS

2 cauliflower heads (about 2kg), cut into florets
2-3 tablespoons extra-virgin olive oil
1 cup baby spinach leaves
250g cherry tomatoes, halved
1/2 cup walnuts, toasted
sea salt and black pepper

LEMON-PARSLEY PANGRATTATO

250g stale bread, torn
grated zest of 1 lemon
2 garlic cloves, grated
2 tablespoons extra-virgin olive oil
1/2 cup flat-leaf parsley leaves, finely chopped
sea salt

CAPER VINAIGRETTE

1/2 cup capers, rinsed and roughly chopped
2 garlic cloves, grated
2 tablespoons apple cider vinegar
125 ml (1/2 cup) extra-virgin olive oil
sea salt and black pepper

METHOD

Preheat the oven to 200°C. To make the pangrattato, place the bread in a food processor and pulse into chunky crumbs. Transfer to a large bowl and add the lemon zest, garlic, oil and a large pinch of salt. Massage everything together with your hands to make sure the crumbs are evenly coated. Spread on a tray and bake for 10 minutes, or until golden. When cool, add the parsley to the breadcrumbs and mix to combine. You can make the pangrattato in advance and store in an airtight container for up to 2 days (when you are ready to eat, re-bake the crumbs for 3-4 minutes to make them crispy again). Toss the cauliflower in the olive oil and season with salt and pepper. Roast for 25-30 minutes, or until golden. To make the vinaigrette, mix the capers, garlic and vinegar with a pinch of salt and pepper. Add the olive oil in a steady stream and whisk vigorously to get a thick, creamy dressing. Taste and adjust the seasoning if required. To serve, combine the cauliflower with the vinaigrette, spinach and tomatoes. Season the salad well with salt and pepper. Top with the walnuts and scatter over the pangrattato.



PICKLED BEETROOT WITH PUY LENTILS, BABY SPINACH AND CHEDDAR

SERVES: 4-6

Beetroot is such a clever vegetable. I adore its crimson vibrancy and absolute versatility as a salad ingredient. While I love the sweetness of roasted beetroot and its freshness when grated raw, pickled beetroot feels like such a rich, old-world treat. This salad is inspired by one of my favourite salty-and-sweet snacks, pickled beetroot with a slice of strong cheddar cheese.

INGREDIENTS

300g puy lentils
2 tablespoons extra-virgin olive oil, plus extra for drizzling
4 eschallots, finely sliced
1 garlic clove, finely chopped
2 teaspoon sugar
2 teaspoons cumin seeds
1 cup baby spinach leaves
1/2 cup flat-leaf parsley leaves, chopped
1/2 cup dill fronds, chopped
1/2 cup coriander leaves, chopped
200g aged cheddar, roughly crumbled into bite-sized chunks
sea salt and black pepper

PICKLED BEETROOT

6 beetroot (about 750g), scrubbed well
500ml (2 cups) white wine vinegar
230g (1 cup) caster sugar
1 cinnamon stick
1 star anise
1 fresh bay leaf
3 whole cloves

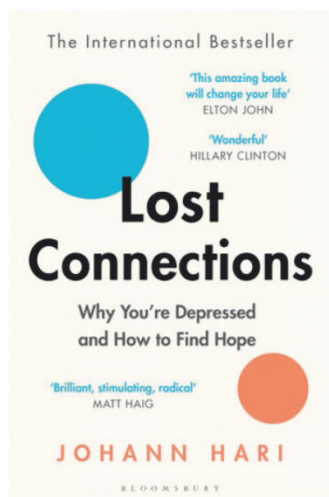
METHOD

To pickle the beetroot, combine all the ingredients with 1 litre of water in a large stockpot. Stir and bring to a gentle boil over medium heat. Reduce the heat and simmer until the beetroot are tender. When cool enough to handle, peel the beetroot and cut them into 2cm cubes. Place the lentils in a saucepan and cover with plenty of cold water. Bring to the boil, turn down the heat and cook for 20-25 minutes. Drain. Then heat 2 tablespoons of the oil in a pan and add the eschallot, garlic, sugar and cumin and sauté until starting to brown. While the lentils are still warm, stir through the eschallot mixture, along with a pinch of salt and pepper to taste. Spoon the lentils onto a plate and top with the pickled beetroot. Scatter over the spinach leaves, herbs and cheddar. Finish with a drizzle of oil and season well with salt and pepper.



Community New Edition by Hetty McKinnon, is published by Plum, RRP \$39.99, Photography by Luisa Brimble.'

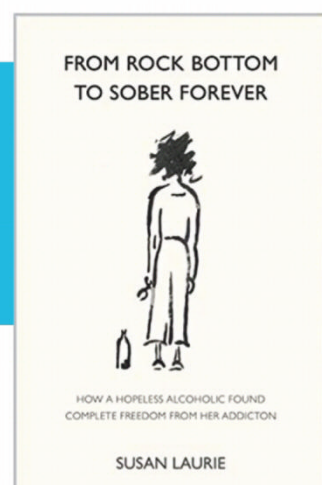




Lost Connections

by Johann Hari

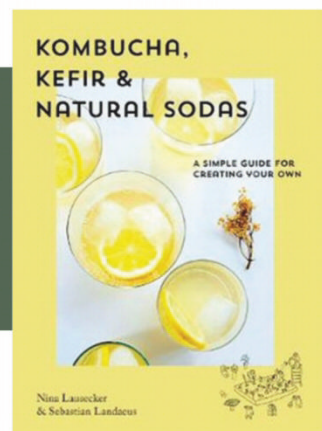
Award-winning journalist Johann Hari has suffered from depression since he was a child, and started taking antidepressants when he was a teenager. He was told that his problems were caused by a chemical imbalance in his brain. As an adult, and trained in the social sciences, he began to investigate whether this was true, and he learned that almost everything we have been told about depression and anxiety is wrong. Around the world, Hari found social scientists who were uncovering evidence that depression and anxiety are not caused by a chemical imbalance in our brains. In fact, they are largely caused by key problems with the way we live today. Hari's journey took him from a mind-blowing series of experiments in Baltimore, to an Amish community in Indiana, to an uprising in Berlin. Once he had uncovered nine real causes of depression and anxiety, he went to scientists who are discovering very different solutions – ones that work.



From Rock Bottom to Sober Forever

by Susan Laurie

Susan Laurie was a hopeless alcoholic. She had resigned herself to an early death as she simply could not stop drinking, despite multiple attempts at Alcoholics Anonymous, hypnotherapy, counselling sessions, and stints in rehab. Something that had started so innocently was now killing her, and it had already stripped her of every ounce of dignity and self-respect, and the respect of everyone around her. Frightened, alone, and completely alcohol dependent at the bottom of the terrifying downward spiral of alcoholism, she knew that if nothing could be done she was facing a miserable and a very painful end. She then had one final desperate search for something or someone that could help her. This is Susan's story of conquering alcoholism forever, and it is essential reading for anyone concerned about their drinking or the drinking of someone they care about.



Kombucha, Kefir & Natural Sodas

by Nina Lausacker & Sebastian Landaeus

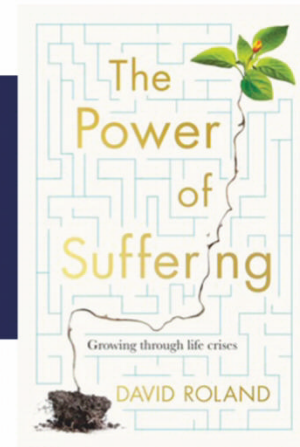
This simple and stunningly photographed book explains the basics of brewing your own kombucha, kefir, and natural soda - right from your very own home. At this crucial moment in time of increased consumer awareness, many of us are starting to make better and more informed choices about what we eat and drink, and we're given plenty more choice than in the years gone by. This book contains forty easy-to-create drinks that will not just save you money, but will make you feel great too. Recipes include kefir, kombucha, grapefruit soda, cider, switchel, and mead. You'll be a (mocktail) mixologist in no time.



The Power of Suffering

by David Roland

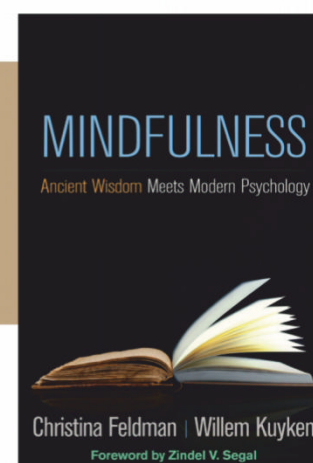
The Power of Suffering is psychologist David Roland's personal investigation into the nature of human suffering. When our world is turned upside down, what does it do to us, how do we survive it, and most importantly, how can we grow as a result? David takes the lived experience of eleven incredible people and follows them along each step of their journey from crisis through to acceptance and triumph. Within each story, David draws on his own experience of life-altering trauma and clinical research to offer insights we all can gain from. Each life story examined is a moving testimony of the human spirit's ability to rise and rise again – an executive tragically loses his family in a car crash and finds healing in the rehabilitation of wildlife, a teenage victim of domestic violence becomes a fierce advocate for abused women and brain-injured youth, a football superstar overcomes bigotry and dyslexia to forge a career in acting. These are but a few of the intimately told stories, all pointing to a path through the storm and beyond.



Mindfulness

by Christina Feldman and Willem Kuyken

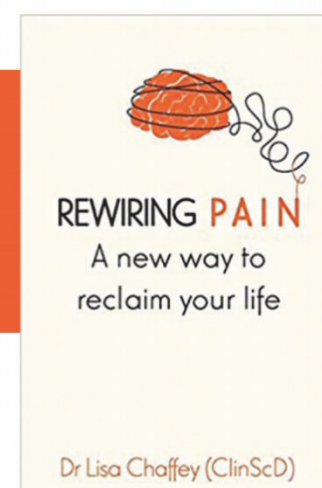
How does mindfulness promote psychological wellbeing? What are its core mechanisms? What value do contemplative practices add to approaches that are already effective? From leading meditation teacher Christina Feldman and distinguished psychologist Willem Kuyken, this book provides a uniquely integrative perspective on mindfulness and its applications. The authors explore mindfulness from its roots in Buddhist psychology to its role in contemporary psychological science. In-depth case examples illustrate how and why mindfulness training can help people move from distress and suffering to resilience and flourishing. Readers are guided to consider mindfulness not only conceptually, but also experientially, through their own journey of mindfulness practice.



Rewiring Pain

by Dr Lisa Chaffey

Are you sick of being in chronic pain? Chronic pain can be hard to shift. But now, we have the tools to change how the brain processes pain. Based on exciting new scientific research on the brain, this book contains simple but effective methods to reduce chronic pain. Using the science of neuroplasticity (the brain's ability to change itself), everyday activities and habits are turned into pain competitors. Paralympian and occupational therapist, Dr Lisa Chaffey's life changed when she slid from acute to chronic pain. She spent the next two years looking at the research for a way out of pain. This book describes her journey into and out of pain, and provides you with a step-by-step guide to rewire how your brain manages pain. Lisa reclaimed her life using these strategies, and she is confident you will too.





on community

HOW TO CONNECT WITH COMMUNITY

Isn't it amazing that in an age when we are connected to each other digitally 24 hours a day, we seem to have grown increasingly disconnected from the people we see on a daily basis? We forget about our co-workers and neighbours ... even our friends and family members. We can text and connect on Facebook and Instagram with people from all over the world, but we often don't seem to be able to sit down for a meal with the people who live under the same roof. However there are things we can do right now to develop stronger relationships with those we see every day (or would like to see more often). Make an effort to get connected in your community with these simple ideas.

LOOK UP: Whether you are walking the dog or just heading out to your car to go into town, take a few minutes to look up and look around. Make some eye contact and nod or smile to someone you don' know.

BE KIND: The next time you're mowing your lawn or bringing in the rubbish, consider doing the same for a neighbour. It's a simple gesture, but you never know when just a small act of kindness might brighten someone's day.

GET INVOLVED: Get to know what's going on in your community. Take part in a festival, parade or community gathering or attend a local council meeting. Support local businesses. Volunteer. Reach out to others.

This world of ours must avoid becoming a community of dreadful fear and hate, and be instead, a proud confederation of mutual trust and respect.
Dwight D. Eisenhower

We cannot seek achievement for ourselves and forget about progress and prosperity for our community. Our ambitions must be broad enough to include the aspirations and needs of others for their sakes and for our own.
Cesar Chavez

The most perfect political community is one in which the middle class is in control and outnumbers both of the other classes.
Aristotle

We must become bigger than we have been: more courageous, greater in spirit, larger in outlook. We must become members of a new race, overcoming petty prejudice, owing our ultimate allegiance not to nations but to our fellow men within the human community.
Haile Selassie

I submit that an individual who breaks a law that conscience tells him is unjust, and who willingly accepts the penalty of imprisonment in order to arouse the conscience of the community over its injustice, is in reality expressing the highest respect for law.
Martin Luther King, Jr.

I want to destroy ownership in order that possession and enjoyment may be raised to the highest point in every section of the community.
George Bernard Shaw

The community which has neither poverty nor riches will always have the noblest principles.
Plato

What I try to tell young people is that if you come together with a mission, and its grounded with love and a sense of community, you can make the impossible possible.
John Lewis

The power of community to create health is far greater than any physician, clinic or hospital.
Mark Hyman




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