



Our summer is well through now, having brought with it unusual weather. Often at this time of the year, Canterbury can be dry and brown with extreme fire dangers, but this year it has been green right through the season. We are grateful for the moisture, for parts of our closest neighbour, Australia is suffering ongoing, repeated and severe droughts.

While we see increasing changes in the weather patterns, we also see an increase of disease and problems in the general health of the western world. Although some have good diets, exercise patterns and in general, good lifestyles, still we see people being struck with various ailments in the form of cancers, viruses, etc.

Of course, we can only do our best to keep our human machinery well maintained within our capacity, to help prevent disease striking us down.

One of those ingredients that is of great benefit to us is a sufficient intake of fibre.

The following article from the University on Leads focuses on the benefits of fibre in dealing with breast cancer.

## Using Fibre in The Fight Against Breast Cancer

University of Leeds Media, January 29, 2007

New research from the University of Leeds has shown how eating more fibre, particularly cereal fibre, reduces the risk of developing breast cancer among pre-menopausal women.

Researchers at the University's Centre for Epidemiology and Biostatistics have been tracking the eating habits and health of more than 35,000 women for the past seven years, and their latest findings are published in the International Journal of Epidemiology. Their figures suggest that among the pre-menopausal women, those who have the greatest intake of fibre have cut their risk of breast cancer in half.

The research is led by Professor Janet Cade, who explained: "Previous research hasn't shown a convincing link between increased dietary fibre and a lower risk of breast cancer. But earlier studies didn't draw any distinction between pre- and post-menopausal women. Our study found no protective effect in the older group, but significant evidence of a link in the pre-menopausal women."

Of the huge group, 257 pre-menopausal women have developed breast cancer during the study. These were shown to be women who had a greater percentage of energy derived from protein, and lower intakes of dietary fibre and vitamin C, compared to the cancer-free women.

The research, which received initial funding from the World Cancer Research Fund, suggests several possible reasons for this effect:

1. High fibre foods are rich in vitamins, zinc and other micro-nutrients which have protective anti-oxidant properties;
2. Fibre can smooth out the peaks and troughs in insulin levels in the body. High levels of insulin may be one possible cause of cancer;
3. There is a known link between breast cancer and the female hormone oestrogen, and dietary fibre has been demonstrated to regulate oestrogen levels in the body. This effect would be especially relevant to the pre-menopausal group who naturally have far higher levels of the hormone.



### Quote of the Month

*Grains, fruits, nuts and vegetables constitute the diet chosen for us by our Creator. These foods prepared in as simple and natural a manner as possible, are the most healthful and nourishing.*

—Ministry of Healing, page 296

## healthbites

Issue 3 - February 2007

**healthbites** is a production of Autumn Leaves NZ Ltd. All content is for information and reporting purposes. No intention is made to bring total solutions for any health condition.

Many articles in this paper are condensed from larger articles from renowned sources, contact us for the complete article and we will supply if available.

**Autumn Leaves NZ Ltd**  
PO Box 654  
Rangiora 7440  
New Zealand



autlea@xtra.co.nz

# little bites

## Advice to Pregnant Women During Lambing Season

GNN Dept of Health, Jan 29, 2007

Pregnant women who come into close contact with sheep during lambing may risk their own health and that of their unborn child... Although the number of reported infections and human miscarriages is extremely small, it is important that pregnant women are aware.

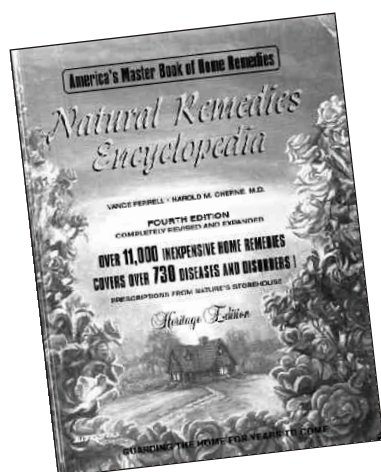
## Liposuction 'no answer to obesity'

British Association of Aesthetic Plastic Surgeons

The number of people undergoing liposuction has risen by 90% in just one year - prompting experts to warn it is not a solution for obesity. The operation has jumped from being the eighth most popular cosmetic procedure in 2005 to the third most popular in 2006.

## Cooking Class 2007

At this point it is planned to conduct another *What's Cooking* health and cooking series in Christchurch in October and November this year. We will keep you updated in further issues.



## Natural Remedies Encyclopedia

Vance Ferrell. This volume contains home remedies for over 730 diseases to bring the sunshine back into someone's life. Many old-fashioned remedies used before wonder drugs, high-tech medicines, and the bankrupting bills came along. Topically arranged. Great reference.

NRENC Hardbound \$25.00 + p&p

Said Professor Cade: "Also, we don't yet know at which point in life dietary habits impact on a woman's susceptibility to breast cancer. The relevant exposure may be earlier in life, explaining why the protective effect was not shown in the post-menopausal group."

Whatever the precise cause, or combination of causes, the study does show a statistically significant effect and supports the message of eating well to stay healthy. Professor Cade added: "It goes along with the general healthy eating advice to make sure that you are getting plenty of fibre in your diet through breakfast cereals, bread, pasta, fruit and vegetables."

# Benefits of Fibre

Are there any sources to back up this study of fibre from University of Leeds? Medical Science speaks to confirm that fibre is indeed a major ingredient to maintain good health with prevention of disease being high on the list. The following quote is a summary of four separate studies on fibre conducted between 1976-1992.

"Whole grain outdoes white flour in a host of nutrient comparisons. For example, white bread has virtually no fibre; whole grain bread is a good source. Fibre appears able to decrease risk of a host of diseases including heart disease, cancer, constipation, appendicitis, and varicose veins."

Animal products lack in dietary fibre. Diseases associated with a low fibre diet are as follows:

|                   |               |                      |
|-------------------|---------------|----------------------|
| Diabetes mellitus | Constipation  | Appendicitis         |
| Varicose Veins    | Hiatus hernia | Diverticular disease |
| Hemorrhoids       | Bowel cancer  | Bowel polyps         |
| Heart disease     | Strokes       | Gallbladder disease  |

In taking fibre freely in the diet, cancer risks are reduced, diabetes can be greatly helped.

Fibre reduces levels of serum cholesterol and triglycerides  
It reduces blood pressure in those with hypertension  
Promotes discontinuation on insulin therapy for non-insulin dependent diabetics  
Reduces risk of death from heart disease  
Improves gastrointestinal function  
Reduces body weight in the obese  
Reduces risk of kidney damage  
Reduces insulin requirements  
Improves glycemic control

## COMMON SOURCES OF FIBER

Serving is 1 cup or 1 piece unless indicated otherwise

| Foods                    | Fiber (g) | Foods                      | Fiber (g) |
|--------------------------|-----------|----------------------------|-----------|
| Whole wheat bread        | 2.1       | Cauliflower                | 4.6       |
| Bagel, whole wheat       | 4.3       | Broccoli                   | 5.2       |
| Pita bread, whole wheat  | 6.3       | Peas                       | 6.7       |
| Popcorn (4 c)            | 5.2       | Brussel sprouts            | 7.0       |
| Oatmeal                  | 4.1       | Sweet potato, without skin | 7.7       |
| Spaghetti, whole wheat   | 4.5       | Lentils                    | 10.3      |
| Shredded wheat, biscuits | 2.2       | Pinto beans                | 12.0      |
| Granola                  | 6.6       | Navy beans                 | 15.4      |
| Apple, with skin         | 2.8       | Eggs, with skin            | 0.0       |
| Orange, fresh            | 3.1       | Meat                       | 0.0       |
| Blackberries, raw        | 7.2       | Milk                       | 0.0       |
| Pears, canned            | 7.7       | Cheese                     | 0.0       |
| Raspberries              | 11.0      |                            |           |

Well if it is so valuable, what are the foods that offer good sources of fibre? The graph to the right shows a comparison of sources of fibre.

Proof Positive, Dr. Neil Nedley M.D. page 72, 180, 181, 544

## Recipe of the Month

### Basic Whole Wheat Muffin Mix

3c whole-wheat flour (sifted) 2T yeast  
1/2 c oat-flour 2T honey  
or unbleached white flour 1t salt  
2c warm water 2T oil

**Make** oat flour by blending dry quick or rolled oats into a flour. **Mix**, and let stand 5 min., the water, yeast and honey. **Stir** in remaining ingredients. **Oil** muffin tins. **Fill** 1/2 full with batter, or **drop** by large spoonfuls on an oiled tray. Let **rise** 10-15min. **Bake** at 350 degrees for 30-35 min. Makes 18.

**Variations:** Try making a cake instead, you will need to bake a little longer.

Yeast may be replaced with "Raising Powder" made by Supernatural Foods.

Date Bran Muffins: add 3/4 c. bran, 2/3 cup dates. Leave out 1/4 c whole wheat flour.

Blueberry Muffins: add 1 1/2 c blue berries, 3T honey (or 1/4t Stevia extract), 1t vanilla, Leave out 1/2 c water.

