



With the colder part of the year approaching us we should be looking towards fortifying our bodies against the increased likelihood of colds and flus, etc. The recipe of the month in this issue gives a good hearty warm start to your day and you'll also find some information on the benefits of oats. Not only are they good for warming your tummy up in the morning, but there are some beneficial health tips.

While we take for granted our natural foods and supplements to boost our immune systems for the winter chills, we bring to your attention a bill that could grossly affect our freedom of choices to combat even the common cold. While we see strong resistance in parliament at present, we should be aware that it is presently on the table for discussion and contemplation.

Prevention is always better than cure, and in the light of the below article, we should do our very best to keep our health right up to the brim of vibrancy at all times.

"Anti-Vitamin Bill" Faces Strong Opposition

Media Statement, 12 April 2007

Submissions on the Therapeutic Medicines and Products Bill were heard by a government administrative select committee in Auckland on Tuesday [10 April], with over 70% of the 26 submitters opposed to what many people are now calling the "Anti-Vitamin Bill."

The seven submissions supporting the Bill were from pharmaceutical industry based organisations and large Australian-linked companies with a financial interest in having this Bill pass into law...

Many of those submitting arguments against the Bill stated that the New Zealand Government is dedicated to removing New Zealanders' right of access to natural supplements and remedies against a clear majority of the people's wishes.

Another submitter stated "This Bill has Big Pharma [drug companies] written all over it. It will ban many safe, natural products which consumers prefer to high risk drugs, yet fail to address the death toll caused by pharmaceutical companies which is currently three times our road toll."

The new Health Minister Pete Hodgson claimed three deaths were caused by natural health products between 1996 and 2007, but a search of the records revealed in each case that the coroners ruled that the cause of death could not be attributed to the natural health products taken - leaving the number of deaths attributed to natural health products firmly at zero. During this same period, approximately 8,000 New Zealanders have died from adverse effects due to pharmaceutical drugs, with a further 16,000 permanently disabled.

In a move that could harm the health of millions of New Zealanders, the Therapeutic Medicines and Products Bill aims to restrict access to many readily available vitamin, mineral, and herbal formulations including those used in Traditional Maori, Chinese and Indian Medicine.

"Our Health, Our Choice" representatives are asking why the New Zealand Government is defying the will of New Zealanders, and firmly believe the Anti-Vitamin Bill will be damaging to the health and well-being of all kiwis, family run New Zealand businesses and cottage industry.

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Quote of the Month

Strength comes by exercise; activity is the very condition of life...

A man who would refuse to exercise his limbs would soon lose all power to use them.

—Steps to Christ, page 81

healthbites

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little bites

Circumcision to reduce HIV

CBS News, Geneva, Mar. 28, 2007

Heterosexual men should be circumcised because of compelling evidence it reduces their chances of contracting HIV by up to 60 percent, U.N. health agencies said. Circumcision reduces men's susceptibility to HIV infection partly because the cells in the foreskin of the penis are especially vulnerable to the virus.

Drug-resistant Gonorrhea spreads

Rob Stein, Washington Post Staff Writer, Thursday April 12, 2007.

Antibiotic-resistant gonorrhea is spreading rapidly across the United States. Data from 26 U.S. cities found the number of resistant gonorrhea cases is rising dramatically, jumping from less than 1 percent of all gonorrhea cases to more than 13 percent in less than five years, the Centers for Disease Control and Prevention reported.

Cooking Class 2007



Another *What's Cooking* health and cooking series is planned for the Ilam area of Christchurch in November this year. We will keep you updated in further issues.

Hazelnut Products



Maison d'amour is a family run hazelnut farm in North Canterbury. They produce a variety of nut products including, raw nuts, roasted and chopped nuts, a hazelnut based stuffing mixture, and dukkah, a flavoured nut mix for dipping with flatbread and olive oil.

Hazelnuts, Raw, 200g	\$ 7.00 + p&p
Hazelnuts, Roasted & chopped, 200g	\$ 8.00 + p&p
Hazelnut Stuffing, 110g	\$ 4.25 + p&p
Dukkah, 50g	\$ 5.00 + p&p
Dukkah, 200g	\$14.00 + p&p

Oats

Oats are high in fats, minerals (silica, calcium, phosphorous, fluorine, iron, magnesium and potassium) as well as B vitamins and vitamin E and H. They also contain a high grade of protein and are one of the highest in Melatonin. They are a good source of carbohydrates and are known to be beneficial for digestion, for strong nails and hair, and the bran is helpful in lowering cholesterol.¹

A common breakfast food, oatmeal, has been found to reduce blood pressure. In one study, 850 people were categorized for the amount of oatmeal they consumed. One bowl per day users had lower blood pressure and lower cholesterol. The effect was independent of age, weight and intake of sodium, potassium and alcohol.

The conclusion is that people who are trying to control their blood pressure naturally may get an unexpected benefit from eating a bowl of oatmeal each day. Thus oatmeal offers a double benefit for our hearts. Most of us have known for some time that oatmeal helps to lower blood cholesterol levels because it is rich in water-soluble fibre. The information on blood pressure provides an additional endorsement for this versatile grain.²



Oat straw Tea

Internally

Oat straw tea is recommended for chest and kidney problems. It acts as an antidepressant and a restorative nerve tonic. It increases perspiration. Give to children as a tea for bed-wetting. Good for insomnia, colic, depression, stress, epilepsy, heart palpitation, occipital headaches, weak muscles from nerve exhaustion, nervous diseases and stomach problems.

Externally

Oat Straw tea is used in Europe for various baths which, when taken regularly, is helpful for a number of ailments. Full bath (adding 4 litres of the tea to the bath): good for rheumatic problems, paralysis, lumbago, liver ailments, gout, kidney and gravel problems.

Local wash

Skin diseases, frostbite, flaky skin, wounds, chilblains and eye problems.

Fresh oats (not oat straw)

An extract made from the fresh oat berries, harvested when the milky substance is in the grain, is good for the brain and functions of the body. It is specifically for weak nerves and can be used as a nerve tonic. It will overcome most diseases caused by nervous disorders and physical exhaustion, including ovarian and uterine disorders.³

¹ Grain Power page 9, Proof Positive page 204, The Piko Cookbook page 28

² Proof Positive page 142

³ Natural Remedies Encyclopedia page 138, 139



Recipe of the Month

Baked Oatmeal

2 1/4 rolled oats	1 1/2 c water
1/2 t salt	2c grated apples
3 T coconut	1 440g tin pineapple, pieces or crushed
1/2 c raisins	3/4 t vanilla
1/2 c dates	1/2 c fruit juice
1/2 t coriander	

Combine dry ingredients and stir together. **Add** remaining ingredients. **Place** mixture into sprayed casserole dish. **Bake** at 180°C for 1 hour.

This recipe can be used for breakfast, a dessert or as a slice.

Variations: Replace pineapple with fruit of your choice (i.e. peaches, apricots).

To make a slice, bake in a flat pan for 45 mins.

