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little bites

Male lifestyle leads to high death rate

P. Reaney, Reuters, 25, July 2006.

Researchers say young men have higher death rates due to their riskier lifestyles. Accidents and suicide are the leading killers in men aged 15 to 34 while deaths from illnesses such as heart disease, cancer and chronic liver disease rise sharply in 35- to 44-year-olds. They are more or less directly attributable to lifestyle and risk-taking, says Alan White of Leeds Metropolitan University in England.

Kiwi's Getting Bigger

The Dominion Post, 15 Feb 2008

The owner of a Wellington Funeral Home said it always kept its largest, two-metre by one-metre, casket in stock. "In 1989 we would have sold one a year. Now we sell one every eight weeks... People are getting bigger and definitely wider. You just need to look around."

Increased Birth Defects

Natural News, 19 February 2008

The leading cause of infant death in the U.S. results from congenital birth defects. One in every 33 babies has a defect. Defects affect any part of the body such as heart or neural tubes. Causes may be from nutrient deficiencies to contaminants or a combination thereof.

Asthma Linked to Pools

K Hayman, The Press, 24 July 2006.

Research is adding weight to concerns that children who use indoor swimming pools are at increased risk of asthma. The authors concluded that the rise of asthma could at least be partly attributed to the increasing exposure of children to the by-products of chlorine in the air and water of indoor swimming pools.

Probe at Pork Plant

Reuters Health, 15 February 2008

Health officials are investigating neurological illness found in employees at two U.S. pork plants who had been in regular contact with pig brain matter that may have been cast into the air by compressed-air processes.

Chamomile

The herb chamomile has excellent medicinal properties. It affects the nerves, stomach, kidneys, spleen and liver.

The active properties of chamomile include:

Emmenagogue (aiding menstrual flow)

Nervine (soothing of the nerves)

Sedative (calms and soothes)

Carminative (expels gas from the body; relieves flatulence),

Diaphoretic (aids perspiration)

Tonic (maintains, increases, or restores the tone of health)

Internal use:

Chamomile is good for insomnia and nervousness. It increases appetite and helps those with weak stomachs. It reduces inflammation, and aids digestion and sleep. 1-2 teaspoons of the tincture at a time is good for menstrual cramps, kidney, spleen or bladder problems. It acts as a diuretic, nerve tonic and is a useful remedy for stress, anxiety and indigestion.

Chamomile can be safely used for children with colds, indigestion, and nervous disorders. It helps relieve cramping associated with the menstrual cycle and will bring on the period. It can also be used as a relaxing antispasmodic, anodyne bath additive. It is good for dizziness, gas, hysteria, jaundice, kidney problems, measles and swellings. It is also good for lumbago, rheumatic problems and rashes.

External use:

Chamomile can be used as a mouthwash for minor mouth and gum infections. The tea is a good wash for sore eyes and open sores. Use it as a wash or compress for skin problems and inflammations, including inflammation of the mucous tissues. Keeping a mouthful in the mouth for a time will temporarily relieve toothache. Use it for a sitz (sitting) bath to help haemorrhoids, or as a foot or hand bath for sweaty feet or hands. For haemorrhoids and wounds, the flowers are also made into a salve. To help asthma in children or to relieve the symptoms of a cold, try a vapour bath of the tea. A fomentation can be used for cramps, gas and swellings.

The flowers are used and most commonly taken as a tea.

Natural Remedies Encyclopedia, Vance Ferrell, page 124



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Recipe of the Month

Quick Salad Ideas

1. Finely sliced cabbage, onion and lemon juice
2. Chopped cauliflower with tomato or shredded carrot
3. Grated carrot, with coconut
4. Chopped cauliflower with walnuts and celery
5. Cucumber, parsley, lemon juice and salt
6. Sticks of celery filled with peanut butter
7. Kumara boiled and cubed (when cold) with nuts, celery and pineapple
8. Swede, carrot, cabbage and chives
9. Carrot, turnip and/or radishes on lettuce leaves
10. Cabbage, chopped nuts and salad dressing

