

In this issue of **healthbites**, we look at how our increasingly sterile environment can be detrimental to our children building their natural immunity. Its about finding a balance between cleanliness and natural living. Over the page you will find a section on the humble cabbage especially looking at its medicinal properties. And to help with the cabbage intake, you'll find a coleslaw recipe as well as some interesting **littlebites** in the side column.

Exposure to germs may protect kids from disease

Natural exposure to everyday germs may protect kids from disease as adults. Gone are the days when play time for kids often meant getting dirty making mud "pies", splashing in mud puddles and creeks, and climbing trees — and when children washed their hands, mostly just before a meal, it was with plain soap and water.

Modern day parents often take pride in keeping their little ones squeaky clean and as germ-free as possible, dousing them with antibacterial soaps and hand sanitizers. But new Northwestern University research suggests that normal exposure to everyday germs is a natural way to prevent diseases in adulthood.

Remarkably, the study suggests exposure to infectious microbes in childhood may actually protect youngsters from developing serious illnesses, including cardiovascular diseases, when they grow into adults.

"Contrary to assumptions related to earlier studies, our research suggests that ultra-clean, ultra-hygienic environments early in life may contribute to higher levels of inflammation as an adult, which in turn increases risks for a wide range of diseases," Thomas McDade, lead author of the study, said in a statement to the media...

He added that humans have only recently lived in super clean environments and it could well be time to put down the antibacterial soap. That's because the new research suggests that inflammatory systems need a reasonably high level of exposure to common everyday germs and other microbes to develop and work properly in the body.

Taken from NaturalNews, Dec. 21, 2009 by S. L. Baker, features writer



Quote of the Month

The cultivation of the soil is good work for children and youth.

It brings them into direct contact with nature and nature's God.

—E White

healthbites

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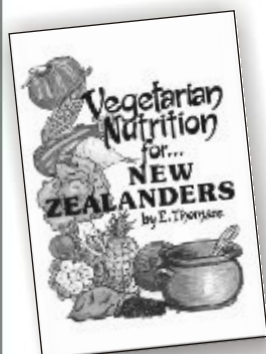
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Vegetarian Nutrition for New Zealanders by E. Thomass

This book contains many pages of nutritional information including fats and carbohydrates, protein, vitamins, minerals, allergies and other problems and then has about 50 tasty vegan vegetarian recipes suited for New Zealanders.

A very popular little book written by an author who voluntarily taught and promoted natural health for over 27 years by running public cooking demonstrations, series of lectures, and teaching in schools and colleges.

61 pages, paperback **\$5.50**



little bites

'Myrrh' May Have Cholesterol-Lowering Properties

ScienceDaily, 17 Dec. 2009

Experiments suggest that the resin of certain trees of the Middle East, known commonly as the "myrrh" may have cholesterol-lowering properties. It is perhaps best known as one of the gifts of the Magi offered to the infant Jesus, along with gold and frankincense in the Christmas story. At the time, myrrh was revered as an embalming ointment and is also an ingredient in incense.

Broccoli Protects Your Arteries

NaturalNews, 6 Jan. 2010

We know that vegetables are clearly good for you but recent studies shows that health benefits of broccoli and related vegetables may come in part from a complex chemical process which appears to activate a specific heart-protecting protein that can lessen disease that leads to heart attacks. In addition to broccoli, the cruciferous vegetables include cabbage, cauliflower, rapeseed (canola), radish, turnip, mustard greens and watercress.

Early to Bed Helps Fights Depression in Teens

eMaxhealth.com, 1 Jan. 2010

Adolescents and teens that get to bed at a "decent" time are far less likely to encounter depression or even having suicidal thoughts. In a recent study, researchers found that children's guardians who set bedtimes of midnight or later were 24% more likely to suffer from depression and 20% more apt to have thoughts of suicide than kids who went to bed 10:00pm or earlier.

A Dirty Colon is Often the Cause of Bad Breath

NaturalNews, 2 Dec. 2009

It's not widely known that bad breath, including morning breath, is a sign of a toxic colon and a toxic body. It's a direct path from your mouth to your colon, and the reverse path is also true. So, when you have bad breath, you're often actually smelling colon filth.

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Cabbage

From a nourishing morning soup suitable for a farmer leaving for his fields, to an evening tea for the city man's nervous strain, cabbage will serve you well. It's a life long guardian of health and a healer of wounds.

"Raw cabbage is one of the richest sources of essential vitamins and minerals. The eating of fresh raw foods daily should never be left to chance. Cabbage is of prime relief in rheumatism, arthritis, etc. It excels all other vegetables in drawing out pain of any inflammation whether internal or external." Dr. Kurt Donsbach

Cabbage is enormously valuable in the diet for cirrhosis of the liver (especially caused from alcohol consumption), dysentery, intestinal disease, anemia, arthritis, and gout.

Cabbage is also hailed as an anti-ulcer vegetable. In a study, almost a liter of raw cabbage juice was given to 55 patients with gastric, duodenal, and jejunal ulcers. It healed all of them, and reduced the otherwise normal healing time 72%.

People who do not eat cabbage may be 3 times more likely to develop colon cancer. It is best eaten raw in order to preserve the enzymes. But in some people raw cabbage can cause intestinal distress because it is a sulfur food. The darker outer leaves have as much as 40% more calcium than the inside leaves.

Externally it is excellent for pain and inflammation and skin disorders. It has the ability to draw out infection and speed healing. Ideal for treating burns, insect bites, abscesses, boils.

For treating wounds, wash the wound with cooled boiled water, apply dressing of crushed cabbage and renew daily until healing is complete. For more serious wounds leaves should be plunged in boiling water, or cut out the central rib and iron until soft, or soak in olive oil for an hour to soften. This makes it cling better and increases anti-septic effect.

A hot compress made of well chopped cabbage, wrapped in muslin and applied to the painful area offers much relief for muscle aches, neuralgia, rheumatism, arthritis, pleurisy, liver attacks, migraines, colds and asthma.

As a juice or brewed as a tea it can aid sore throat (gargle), loss of voice and even nightmares.

References: Divine Prescription, Gunther Paulien, page 167; God's Pharmacy, MEET, page 16,17.



You Can Be Tobacco Free by Kay Collins RN

Smoking's impact is measured by more than society's health costs—it heaps misery on individual lives. Some are innocent victims, some are desperate addicts, and some relish this cruel habit. But for those who wish to quit, there is hope. Quickly overcome this deadly poison.

64 pages, paperback **\$10.70**



Recipe of the Month

Coleslaw Salad

2 c cabbage (red or green) shredded
¼ red capsicum, finely diced
1 small carrot, grated
1-2 spring onions, sliced

Mix together in a salad bowl. Can also add corn kernels, sliced celery, sliced black olives, diced sundried tomatoes, diced avocado. Mix the following dressing ingredients in a small bowl, add to coleslaw just before serving.

2 small cloves garlic
5 T chives
Salt to taste

4-6 T lemon juice
¼ t sweet paprika

