

In this edition of **healthbites**, we look at the evidence of the harm of our technical age with the use of wireless devices. Over the page we look at natural ways to boost your immune system with foods as simple as common vegetables.

In **littlebites** we have a look at how veges can extend your life, how breakfast can increase fertility, ways to avoid bi-polar disorder and finding alkalizing vegetables that help you avoid disease. And don't forget to try this edition's recipe!

Brain Cancer risks linked to wireless phones

A Swedish study on the use of wireless phones, including cell phones and cordless phones, has uncovered a link between electromagnetic radiation exposures and the risk of malignant and non-malignant brain tumors.

Cell phones and cordless phones emit a form of non-ionizing electromagnetic radiation, radiation which can be absorbed by tissues and cells that come into close contact with the phone, e.g. the head and neck. The most conclusive evidence as to the dangers of cell phone and similar radiation exposures come from studies on long-term exposure (ten years or more) like this Swedish study.

This new study reveals that people who used cell phones and cordless phones for more than a year were at a 70% greater risk of brain cancer compared to those who used cell phones and cordless phones for a year or less. Those who used cell phones and cordless phones for more than 25 years were found to have a 300% greater risk of brain cancer than those who used cell phones and cordless phones for a year or less.

The total number of hours of cell phone and cordless phone use was found to be as important as the number of years of use. A quarter of the study's subjects were found to have lifetime cell phone or cordless phone use of 2,376 or more hours, which corresponds to about 40 minutes a day over ten years. Heavier users were found to have a 250% greater risk of brain tumors compared to those who'd never used cell phones or cordless phones or used them for less than 39 hours in their lifetime.

For all types of cell phone and cordless phone use, brain cancer risk was found to be greater in the part of the brain where the exposure to cell phone and cordless phone radiation was highest, on the side of the head where people predominantly used their phones.

Minimizing the effects of these wireless exposures now instead of later is timely and crucial. This means:

- Avoiding unnecessary calls on wireless devices
- Using a speaker phone or headset whenever possible
- Keeping cell phones away from the body
- Turning your cell phone off when not in use
- Texting instead of talking
- Alternating from one side of the head to the other when phoning
- Avoiding using a cell phone when reception is poor
- Using a corded land line whenever possible
- Removing cordless phones from bedrooms



—naturalnews.com, 3 October, 2013

Quote of the Month

"Health is not ensured by the use of expensive preparations.

We can have just as good health while using the simple preparations from the fruits, grains, and the vegetables."

—E White, 1906

healthbites

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little bites

Fruits and Vegetables May Extend Your Life

EmaxHealth, 3 October 2013

A new study found that those whose diets were rich in produce reduced their risk of mortality by 10% and delayed mortality by a little more than a year. The most important finding - eating fruits and vegetables positively benefited health, even when there were other factors "against" you, such as alcohol consumption, smoking and obesity.

Hearty Breakfast Helps Fertility

Science Daily, 1 October 2013

A new study by researchers at the Hebrew University of Jerusalem and Tel Aviv University reveals that eating a good breakfast can have a positive impact on women with problems of infertility.

Smoking During Pregnancy Ups Risk of Bipolar Disorder

Columbia University, 3 October, 2013

A new study finds a link between smoking during pregnancy and increased risk for developing bipolar disorder in adult children. Experts are aware that smoking during pregnancy contributes to significant problems in utero and following birth, including low birth weight and attentional difficulties.

Foods That Are Most Alkaline

NaturalNews, 28 September 2013

An alkaline diet maximizes people's vitality, since the tissues become supple and inflammation is lessened. To help in the prevention of diseases caused by acidosis, such as arthritis, cancer, irritable bowel disorders and fibromyalgia, there are a variety of alkaline foods that should be consumed regularly. These include Spinach, Kale, Cucumber, Broccoli, Avocado,

Vegetables to Boost Your Immune System

Because of the proliferation of health problems, people are constantly looking for ways to strengthen their immune system. While most resort to finding supplements and other health products, you can raise your immunity by simply eating your vegetables. Following is a list of vegetables you should eat for an improved immune system.



Garlic - Garlic contains allicin, a compound known for protecting cells against various compounds. It is also a powerful antiseptic, preventing diseases ranging from colds to cancers. It is directly linked to the prevention of age-related diseases.

Cruciferous vegetables - These mostly leafy vegetables have sulfur-containing compounds that are converted into isothiocyanates (ITCs). These ITCs improve immune response and are also linked to cancer prevention. Examples of cruciferous vegetables include cabbage, broccoli, and radish.

Onions - This popular vegetable is rich with quercetin, a powerful antioxidant. It also contains anthocyanins, another powerful antioxidant. Onions are also known to reduce hypertension and are an adequate treatment for allergies.

Tomatoes - This popular fruit is nature's best source of lycopene. One of the most powerful antioxidants in nature, it is exceptionally effective in preventing cancers, particularly of the prostate. It is also rich in both beta carotene and dietary fiber.

Mushrooms - Several of these fungi are directly linked to reducing the risk of cancers, particularly breast cancer. It is able to do so, because it enhances the function of T cells, a part of the immune system that attacks infections or tumor cells. Some healthy choices: morel mushrooms, black chanterelle mushrooms, cauliflower mushrooms, reishi mushrooms and maitake mushrooms.

Beets - These are exceptionally good for purifying the blood. They are rich in iron, which boosts the functionality of oxygen-carrying red blood cells. Beets also enhance the function of immunity-focused white blood cells. They also facilitate detoxification.

Spinach - Spinach improves immune function in two different ways. It is rich in beta carotene, a precursor of vitamin A, which increases the power of the immune system. It also contains zinc, a vital mineral that improves immunity.

Artichokes - This vegetable contains cynarin, a powerful detoxifier. Not only does it help with liver cleansing, it also boosts overall response with high B vitamin content.

Asparagus - This vegetable has exceptional diuretic properties, which encourages the flushing out of toxins. Not only does it cleanse our body's insides, but it is also effective in countering inflammatory responses.

Capsicums - These vegetables, especially the red ones, not only contain a high amount of vitamin C, but they also contain beta carotene that improves immune system function. —NaturalNews.com, 21 September 2013



Recipe of the Month

Very Vege Cheese Chowder

1 lg onion, diced
5 med peeled potatoes, diced
4 lg or 6 med peeled carrots, sliced
Water to cover

Boil together until tender. Then blend until smooth.

4 c broccoli or cauliflower, diced into bite-sized pieces

Place in a separate saucepan. Steam with a little water until barely tender.

1 c raw cashews	1 t basil
1 t salt or vege-salt	½ t oregano
3 T savoury yeast flakes	1 c water

Blend until smooth and creamy.

Mix everything together. Stir well and simmer (do not boil) for 3-5 mins. If making for the following day, do not add cashew mixture until reheating before eating. Yield: 7-8 cups.



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