

This edition of **healthbites** focuses on the Ebola pandemic that is causing concern worldwide. So far, the South Pacific is free of it, but none-the-less we should keep our mental, physical and spiritual health up to the optimum, to at least have the best opportunity to ward off the aggressive viruses that are making their presence known.

Over the page we look at the immune system and how to boost it. You'll find a recipe for a vege juice to boost immunity. And of course **littlebites** has some helpful info!

World Out of Control

One health topic of grave concern is certainly in the main-stream media at present. Ebola is a curse upon this world that has reached pandemic proportions, with thousands affected, dead or threatened and steadily on the rise.

It is centred in the West African nations and local healthcare systems are being completely stretched to maximum. World Health Organisation has reported that not a single bed is available in Liberia for any more patients.



World Health Organisation recently reported 4200 cases of Ebola in West Africa, of which 2296 have died, and with that, 49 percent of all cases and 47 percent of all deaths have happened in just 21 days. The disease is travelling at an alarming rate and rising exponentially.

Shortage of help Increases Infection Risk

The acute shortage of treatment facilities has led many Liberians to pack into taxis and ride around in search of some place that will accept their sick relatives. When no such facility can be found, many families simply return to their homes, but what's happening is that this places the entire family and anyone else they come into contact with at an increased risk of contracting Ebola.

Disturbingly, the bed shortage has also therefore turned taxis themselves into a source of potential Ebola transmission, as the vehicles are not being disinfected after use by sick passengers.

Yet the bed shortage is unlikely to alleviate any time soon. One report counts the number of beds at Ebola treatment facilities at just 570 in Liberia, Guinea and Sierra Leone combined.

In Sierra Leone, the growing crisis moved the government to announce a three-day curfew for September 19-21. Other than for business deemed essential, no pedestrians or vehicles will be allowed on any street in the country for the entire period, in order to "ensure that the dreaded disease is checked," the government said.

"Making a sacrifice for three days and living for another 20 or more years is better than not making the sacrifice and you die within 21 days," the national President said.

During the curfew, 20,000 volunteers will be dispatched to visit every single home in the country of 6 million, looking for Ebola patients.

If Ebola were to spread globally, even the healthcare systems in wealthier countries could be overwhelmed. According to a report released by the U.S. Office of the Inspector General on September 8, the U.S. Department of Homeland Security (DHS) is "ill-prepared" for a public health crisis even on the scale of the 2009 influenza pandemic, let alone a global Ebola outbreak.

We may feel a bit smug over this area of the world when the deadly disease is so far away. But it could be transported into our own country any-time. Lifestyle will play a big part in protecting against infection of such disease.

—Adapted from NaturalNews, 12 Sept 2014



The immune system has one mission: to identify and destroy foreign invaders before significant harm is done to our bodies.

—Dr Neil Nedley, Proof Positive, page 34



healthbites

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little bites

Cherries Help Gout Attacks

NutritionFacts.org, 8 Sept 2014

Consumption of cherries has been shown to successfully help gout arthritis attacks. Trials have been carried out with sufferers using cherries alongside pomegranates. A marked reduction from attacks was noted upon consumption of cherries.

As cherries have a limited availability when fresh, frozen are the next best, with cherry juice a close runner up.

A Balanced Diet

NutritionFacts.org, 9 Sept 2014

An analysis of the diets of 13,000 people, comparing the nutrient intake of those eating meat to those eating meat-free found that those eating a vegetarian diet were getting higher intakes of nearly every nutrient: more fiber, more vitamin A, more vitamin C, more vitamin E, more of the B vitamins (thiamin, riboflavin, & folate), more calcium, more magnesium, more iron, and more potassium. At the same time, they were also eating less of the harmful stuff like saturated fat and cholesterol. And yes, they got enough protein.

Bean Benefits

NutritionFacts.org, 18 Sept 2014

Beans may be the single most important dietary predictor of a long lifespan. Men and women who eat legumes have been shown to be lighter, have a slimmer waist, lower blood pressure, lower blood sugars, lower cholesterol, lower triglycerides, and better kidney function. Interestingly, bean intake is a better protector against mortality in women than in men. This may be because cancer—especially breast cancer—was the leading killer of women in the population studied. Breast cancer survivors who eat soy foods have a significantly lower likelihood of cancer recurrence.

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Immune Dysfunction

The immune system consists of tissues and cells that protect the body against attack from invaders. The immune system includes white blood cells, the liver and spleen, the lymphatic system, the bone marrow, the mucous membrane in the gut, and the respiratory tract.

Immune dysfunction may be caused by viral infections such as AIDS or glandular fever. It can also result from the side effects from drugs such as cortisone, antibiotics, immunosuppressants or chemotherapy. Liver dysfunction, hereditary factors, poor dietary habits and nutritional deficiencies can also contribute to immune dysfunction. Adequate protein, selenium, zinc and vitamin C are essential to prevent the breakdown of the immune system. — Dr Sandra Cabot, *Raw Juices Can Save Your Life*, p103

Immune Boost

Eating freely of fruits, grains, vegetables and nuts in moderation, prepared in a variety of ways, offers us the most healthful diet in the world. It was the first diet recorded in the history of man and is still the best that we know of today. It not only eliminates a host of cancer-causing substances, but is also ideal for maintaining proper weight. It boosts the immune system by making use of vitamins A, C, and E and other very important protective phytochemicals and fibre.

Coupling this diet with regular aerobic exercise, will also boost the immune system even further. Rounding out the programme with adequate stress control, moderate sunlight, weight control and making changes to only three meals a day with no snacks will maximise the preventative potential.

Anything worth doing is worth doing right... The personal stakes are high – it is a life and death matter – my life, your life and the lives of our children and loved ones. The message is clear and it calls for action. May we each do all we can now to protect and build up our health, to keep it in top condition, so that when anything such as Ebola, or any other virus for that matter is lurking around, we are a vibrant and strong fortress to ward off any attacks.¹

There are a number of foods that are beneficial to boosting the immune system.

Tomato contains lycopene, which has anti-cancer benefits. Pears are excellent for those who suffer from allergies. Beetroot is an excellent blood tonic and a good source of immune boosting nutrients. Dandelion and cabbage contain organic sulphur and support liver function. Ginger, onion and garlic have natural antibiotic properties. Carrot contains high amounts of beta-carotene, which strengthens the mucous membranes. Beta-carotene reduces the risk of many cancers.²

1. Nedley Dr Neil, *Proof Positive* p47. 2. Dr Sandra Cabot, *Raw Juices Can Save Your Life*, p104



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Recipe of the Month

Immune Booster Juice

1 stick celery
1 ripe tomato
1 pear
½ beetroot
1 - 2 carrots

2 dandelion leaves or cabbage leaves
½ cm slice fresh ginger root
1 clove garlic (opt)
½ red onion

Put all ingredients through juicing machine.

