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NATUROPATHIC CLINIC NEWSLETTER – June 2006

Winter is now upon us, and for many, the sneezing season. . If you follow the guidelines, below, to boost your immune system and prepare yourself to fight the bacteria and viruses associated with winter colds and flus, you may be pleasantly surprised how you cope with the cold...

1. Prevention :

- Take a teaspoon of Sodium Ascorbate powder (Vit C.) in fruit juice every morning.
- Take 5mls of Olive leaf extract in water x 3 times a day (Children 30 drops x 3 /day) as an immune booster, antiviral, antibacterial, antifungal agent.
- Take “Flu antidote” 5 drops once/week under tongue.

2. Treatment:

If you were unprepared and have the flu virus or a bacterial infection in your respiratory system, you can still get better much quicker with natural treatment.

- Make an appointment for some patches.
- Respiratory tract herbs, 5mls x 3 times/day or Pectoplex spray
- Flu drops every hour for 2 days.
- Antiviral, antibacterial herbal mix x 3 times/day
- For sore throats use Tonsaplex or Antinplex drops and suck Tea tree lozenges.

3. Sinus & Earaches

To help with sinus problems and earaches, ear candling is a safe, relaxing treatment which creates a vacuum to gently remove blockages. You can make an appointment with Lyn by ringing her at the clinic on Tuesdays, Thursdays and Fridays from 2-6 pm, or by ringing 0409 839 581.

4. Rejuvenation

We also have a Reflexologist available here on Saturdays who can help with relaxing and rejuvenating your body, improving circulation, boosting lymphatic function and increasing the body's natural healing process, and more.... Ring 0411 436 313 for more information and an appointment.

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The bread preservative (282) from www.fedup.com.au

- 280 Propionic acid
- 281 Sodium propionate
- 282 Calcium propionate - most commonly used preservative in bread
- 283 Potassium propionate

The use of calcium propionate (282) as a preservative in bread became widespread in Australia in the early 1990s. This preservative is rarely used in Europe or New Zealand, used increasingly in the UK, and is common in Australia and the US. Consumers are often confused by a label claiming "now with extra calcium". Calcium propionate is used for the propionate, not the calcium. Calcium is added to bread in other forms.

Calcium propionate and the other propionates (280-283) occur naturally in many foods and dairy products like Swiss cheese. In small amounts they are not harmful but, as with other additives, the effects are dose related. Very few people will be affected by two slices of preserved bread but effects are cumulative, so can build up slowly over days or weeks, varying with the dose. This makes identification of the cause of symptoms extremely difficult. Like all additives, this preservative was not tested before approval for its effects on children's behaviour and learning ability.

How does it affect people?

Reactions can be anything from the usual range of food intolerance symptoms: migraine and headaches; gastro-intestinal symptoms including stomach aches, irritable bowel, diarrhoea, urinary urgency, bedwetting; eczema and other itchy skin rashes; nasal congestion (stuffy or runny nose); depression, unexplained tiredness, impairment of memory and concentration, speech delay; tachycardia (fast heart beat); growing pains, loud voice (no volume control); irritability, restlessness, inattention, difficulty settling to sleep, night waking and night terrors.

Propionates are one of the most difficult additives to avoid because their use is widespread and they are in a healthy food that is generally eaten every day. In less than one generation, many Australians have gone from eating none of this preservative to eating it every day of their lives.

Isn't it important to keep our bread fresh?

Contrary to what the food industry would like you to believe, this additive is not to keep your bread fresh. Calcium propionate (282) is added to inhibit the growth of mould. There is no mould on a freshly baked loaf of bread, so why use a mould inhibitor? Bakers who keep their work benches and slicer blades clean and mould-free, by wiping with vinegar every day, do not need this additive. However, bakers in large factories prefer the less time-consuming method of "fogging" their equipment with a chemical spray. Putting hot loaves in plastic bags makes the problem worse. Preservative 282 allows for sloppy hygiene. It is for the convenience of the manufacturer not the consumer.

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How will I know if I am affected?

Very few people realise they or their children are affected by this additive, because if you eat it every day, your problems will seem to come and go without any obvious cause. Some people notice a difference within days if they switch to preservative free bread. This is sometimes a sign that other additives and some natural food chemicals could be a problem too. Babies can be affected through breastmilk.

In Australia, propionates are now permitted in other products such as cheese or fruit juice but we have not yet received any complaints about these items.

Watch out for whey

Propionibacteria can be cultured in whey powder as a method of using natural 282 preservative without having to declare it on the label. Avoid breads containing whey or whey powder, even if marked "preservative free". This potential problem applies only to whey powder in bread and other bakery products such as croissants, and does not apply to whey powder in icecream.

The only whey powder you have to avoid is whey powder that has been cultured with propionibacteria, but unfortunately, you can't tell whether it has been cultured or not because some manufacturers specify 'cultured whey powder' and some don't. Obviously, it should be mandatory to list cultured whey powder, but that's a battle for another day. In the meantime, it is probably safe to assume that whey powder in baked products such as bread, cakes and croissants has been cultured, and whey powder in anything else, including carob buttons, icecream and any other dairy products has not been cultured and is safe to eat.

The information given is not intended as medical advice. Always consult with your doctor or naturopath for underlying illness. Before beginning dietary investigation, consult a dietician with an interest in food intolerance

Taken from FOOD INTOLERANCE NETWORK FACT SHEET. For more information see website – www.fedupwithfoodadditives.info/factsheets/Fact282.htm and explore further.

Another reference for chemicals in the things we eat or use that affect health and behaviour is "The Chemical Maze" by Bill Statham. It lists food additives by code number and lists potential health effects.