

The Hypoglycemic Health Association of Australia
PO Box 830 Kogarah NSW 1485
ABN 65846851613
Phone: 02 9553 0084 Fax: 02 9588 52990
Registered Charity CFN 16689
www.hypoglycemia.asn.au

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The NEWSLETTER of the Hypoglycemic Health Association is distributed to members of the Association and to the Health Professionals with an interest in Nutritional Medicine and Clinical Ecology. Past newsletters are also available on the website.

Our next Public Meeting will be at 2.00pm
on Saturday
1 December 2007

at **YWCA**

Room tba

5-11 Wentworth Ave, SYDNEY

Our guest speaker will be

Dr George Samra

Hypoglycemia—Back to the Basics

As seating is limited, please ring

Geoff on 02 97245317

**to reserve your seat and
assist with catering.**



PROFILE

Dr George Samra M.B. B.S.

Dr Samra is a medical graduate from Sydney University, Australia. His special interest in nutrition developed after assessing and treating prisoners on parole, particularly recurrent offenders.

In many cases nutrition was the key that ended the wasteful cycle of crime and imprisonment for these patients.

Dr Samra also holds a Fellowship with ACNEM (Australian College of Nutritional and Environmental Medicine). He is well known to doctors in the field of nutritional medicine and has special interests in all aspects of allergies, hormonal medicine, nutrition and environmental medicine.

Dr Samra is the Past President (and now a patron) of the Australian Hypoglycemic Health Association and has been a regular on talkback radio, is a senior lecturer with ACNEM and lectures regularly to Medical Practitioners as well as various charities and community organisations.

Dr Samra has successfully treated thousands of patients with his sensible and simple approach to diet.

Dr Samra has written the most up to date books that are full of powerful practical advice on how good nu-

PATRONS

Dr George Samra
Steve McNaughton BE (NSW)

PRESIDENT:

Geoffrey Goninon

SECRETARY:

John P Natoli BEc CPA

TREASURER:

Sue Litchfield

WEBMASTER:

Daniel Goninon*

AUDITOR:

Michael Pendlebury
Chartered Accountant

NEWSLETTER EDITOR:

Elizabeth Love BSc DipEd. Post Grad. Dip. Human Nutrition.
The copy deadline for the March/April 2008 issue is last **Friday in February**. Please submit contributions by email to:
lizart1@bigpond.net.au
or to Liz Love at
6 Pannamena Cres
Eleebana NSW 2282

Our website continues to improve and has attracted some sponsors, which reduces the cost to the association.

Visit it at:
www.hypoglycemia.asn.au

... and find out how many hits there have been already.

183718 at time of going to print.

trition is linked to treating [allergies](#) and [Hypoglycemia](#). The information is coal-face and revolutionary, derived from 25 years of nutritional medical experience and thousands of successful patient cases. These are textbooks that should be an essential part of any medical curriculum. The practical information will help you, your family and your friends.

Dr Samra is currently a successful Medical Practitioner at:

Total Therapies Medical Centre
Kogarah NSW Australia 2217

Australia

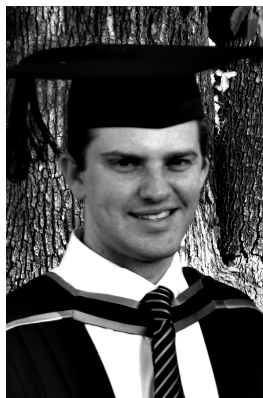
Phone: 02 9553 0084
Facsimile: 02 9588 5290

Overseas

Phone: 0011 612 9553 0084
Facsimile: 0011 612 9588 5290

PROFILE

Daniel Goninon



Daniel Goninon has stepped up to the plate and taken over managing the website from Amitee Robinson who was unable to continue due to her recent marriage and studies.

Daniel is Geoff Goninon's grandson and has just completed his university studies, graduating from the University of Western Sydney with a bachelor's degree in computing.

Daniel is a keen sportsman and has played field hockey at a high level. He now plays ice hockey, also at an elite level.

A Special Thank You

We would like to thank Amitee for the time and expertise she gave during her time as webmistress and wish her all the best in her future activities.



We still urgently need volunteers for the following positions:

- Newsletter editor (after April, 2008) as Liz Love will be overseas.
- A backup webmaster as Daniel will be away at times and unable to maintain the website.

NB All committee members and office bearers are volunteers.



Dr Jason Mallia makes a point at the August meeting, where he presented case histories of people with hypoglycemia.

Dr Jason Mallia ND IMD (cand)D.Sc(ind)

INTEGRATIVE PRACTITIONER

Master Blood Type Practitioner

(Follow up to August 2007 meeting)

Instead of providing a draft of his talk from the August meeting, Jason has directed us to some more up to date material that he and two other Blood type Practitioners presented at the recent *My Health Event* in Singapore. He presented papers on 'Cancer, Diabetes and Cardiovascular Disease and Blood Type'. He has given us permission to include excerpts from these papers in this newsletter. The paper entitled 'Cancer and Blood Type' begins with a detailed explanation of what is cancer and then goes on to show how cancer may be linked with Blood Types. We have reprinted a small excerpt.

Blood types understanding of cancer

by Jason Mallia

Blood Type science utilizes research from mainstream science while adding another dimension to help us understand cancer from an individual standpoint. Blood type science enables us to understand why some people have a higher likelihood for developing cancer than others and why recovery rates differ from person to person given certain diets, medication, supplements and ways of handling individual lifestyles. Each blood type is different in how they deal with the world outside the body. They have a uniqueness which determines how each blood type deals with cancerous cells.

Blood type science states that the chemical markers on the cells of our body determines our susceptibility to cancer. These markers are called antigens. They are different in each blood type according to their chemical structure. Antigens determine the type of immune response we have and affect our reaction to the world outside of the body. Substances we react to include viruses, bacteria, parasites, chemicals and anything capable of decreasing immunity and causing disease.

The cells in our body are differentiated to perform specialized functions in different parts of the body. For example fat cells look a certain way and behave like fat cells and not like muscle cells. The human body is sophisticated and goes to great lengths to keep these cells differentiated. However when cells change and operate abnormally and unlike what they are meant to be and do, dysfunction occurs leading to malignant cell growth and cancer. Such cells are called 'undifferentiated' as they are not consistent in function and structure and may be always changing. This 'undifferentiated' nature makes it difficult for the antibodies of our immune system to mark and fight them.

Blood Type antigens determine the way our body keeps cells differentiated. Due to poor lifestyle and diet, among other things, our blood type antigens can be lost, enabling tumour cells an opportunity to move and circulate around the body.

The thickness of our blood is also an important factor as it plays a part in determining how quickly cancers can spread. It is well documented that blood type A individuals have thicker blood due to a higher level of clotting factors. This means when platelets form in the blood, cancer cells can attach themselves more easily and spread to other parts of the body more readily.

So which blood types are more associated with cancer?

Most data that exists in regards to frequency of cancers according to each blood type are based mainly on existing hospital statistics. Solid scientific evidence for proving the blood type links to cancer are still being discovered.

According to mainstream findings evidence suggests that blood type antigens do play a role in cancer. Current mainstream research is focusing on the ABO antigens in the field of oncology. Antigens play an important role in cell growth and control.

Generally most cancers are associated with blood type A and AB and are less associated with blood type B and O. The reason for this is that tumour antigens which are sugar molecules have a similarity to blood type A antigens. Persons with blood type A do not fight cancers as aggressively and efficiently because of the similarity of its own antigens and the tumour antigens. Other blood types B and O do not have this similarity and their immune systems find it easier to identify and eliminate malignant cells.

Viscosity of blood also influences the spread of cancers. Blood type A and AB are at higher risk as they have a naturally higher level of clotting factors. Cancers are shown to spread more quickly in these types. Blood Type O and B have 'thin' blood which offer further protection against cancer. (reprinted with permission from Jason Mallia)

(NB. Dr Mallia's presentation started with the following disclaimer, which I have included here:

'What is contained here should be treated as information only and not misconstrued for professional advice. Please consult your health practitioner for more information.')

If you would like to read all his presentation as well as the other speaker's paper on Blood Type approach to Ideal Weight, and the introduction by Dr D'Adamo, the link to the website is:

<http://www.myhealthevent.com/>

Dr Jason Mallia's contact:

www.integratedhealth.com.au

naturopath@integratedhealth.com.au

From Sue Litchfield, treasurer

It's that time of the year again and I would like to remind all those who have elected to pay their subscriptions annually that they are due before February. Please get them in early as a joining fee applies for those who fail to renew on time, and wish to continue as members.

I am sorry I did not get around to writing an article for the last newsletter. While driving to Sydney we had a minor accident and my brand new laptop ended up in a ditch of salty water. Needless to say it came off second best along with my brand new camera. But all is well now and we have returned to normal at long last.

Since my last article we have started a maxi account. At the moment we have \$5324.00 in it and the interest we are receiving is between \$20.00 and \$24.00 a month which is much better than the \$1.00 and \$2.00 we were receiving with our cheque account. This has \$302.00 in credit so we are doing quite well financially at the moment.

I was very disappointed and embarrassed at the roll up for the August meeting as the speaker Jason Mallia was one of the better speakers we have had. The cost of hiring the YMCA hall was \$102.00 and there was also the added cost of \$150.00 for the hire of a rear projector, making a total of \$252.00 for the afternoon. We only collected \$430.00 on the day and \$5.00 was a donation. Come on all you members please try to make the effort to come along to the meetings! We serve a great afternoon tea so it makes a great social occasion for meeting others in the same boat and comparing stories. Over the years I have met new people and also made some fabulous friends by coming to the meetings.

The next meeting is also a Christmas Party and we ask every one to please bring a plate, hopefully something you have made yourself. If so, please write out the recipe.

We also ask if you could bring along a small Christmas present labelling it male or female.

Dr Samra will be speaking so it should be a very exciting meeting as Dr Samra is so full of inspiration to us all.

I look forward to seeing you at the meeting on 1 December.

Merry Christmas to you all and a prosperous New Year.

Sue Litchfield

Thank you again to our on-going sponsorships.

ADMART gave us a special deal on making the bags. The bags will be given free with each new membership and will be available for sale at meetings.

FILPURE - THE WATER FILTRATION SYSTEMS have given us a very generous discount.

PERFECT SWEET - Caroline and Alex have been very generous with samples and information about Xylitol.

GO VITA ARUNDALL - Di Crisp, who has a very successful health food store on the Gold Coast has spent a lot of time helping out with brochures containing some very useful information.

ORGANIC GROCER

Also a special thanks:

JOHN NATOLI—thank you to John and his office for printing our newsletter free of charge.

Sue Litchfield



Sue's Christmas Recipes



These are all recipes that would be suitable for the festive season - from breakfast to dessert, and including a mock champagne which I also serve to the children as it makes them feel very grown up!

CRUNCHOLA

250 g frozen blueberries

500g yogurt of choice (sheep's is best)

1 cup Blueberry "Crunchola"

1/3 cup Rice syrup (Optional)

a few extra blueberries to serve

Lightly crush frozen blueberries with a fork. Fold through yogurt.

Divide Crunchola between 4 glasses. Drizzle over a tablespoon of rice syrup if using. Divide yogurt between the glasses. Decorate with a few blueberries and drizzle over the rice syrup if using.

Makes a great breakfast dish for a special occasion

CHRISTMAS CAKE

1 kg mixed fruit

2 tabs glycerine

1/2 cup rice syrup

1/3 cup fruit juice of choice. I use Apple or orange juice

3 eggs

250 gram butter or margarine of choice

1 1/2 cup soya flour

1 1/2 cup rice flour (or 3 cups barley flour)

1/2 teas nutmeg

1/2 teas ground ginger

1/2 teas cinnamon

1/2 teas salt

1/2 teas bicarb soda

1/2 teas vanilla

1/2 teas lemon essence

Prepare a 20cm square cake tin by lining it with paper.

Mix together all the ingredients except the butter, eggs and flours and allow to stand for at least 2 hours but preferably overnight.

Melt the butter and add to the fruit mixture. Beat the eggs and add to mixture. Lastly add the flour, mixing thoroughly. Place mixture into the prepared 20 cm square cake tin. Bake in a very slow oven for about 3 hours or until cooked (a skewer inserted into the centre comes out clean).

Depending on the oven it may take a little longer or a little shorter.

This cake freezes very well



ROAST CHICKEN (or Turkey)

- 1 chicken (at least a no 15)
- 1/2 loaf of stale bread of choice (made into breadcrumbs)
- 1 Granny Smith apple grated
- 1 small onion grated
- 3 tabs raisins (optional)
- 1 teas mixed herbs
- Salt and pepper
- 1 egg beaten
- 1 tab grated orange rind
- 1/2cup sherry or freshly squeezed orange juice



Mix together the breadcrumbs, onion, apple and raisins. Add egg, herbs, salt and pepper and lastly the sherry. Stuff into the chicken.

Place in a preheated moderate oven and bake according to the weight of chicken

I add peeled potatoes and pumpkin/sweet potatoes an hour before the chicken is cooked.

RICE and ORANGE FILLING for turkey

- 1 cup rice
- 1 small onion minced
- 1 tab shortening or fat from the turkey
- 1 large orange
- 1 tab raisins
- 1/2 teas salt
- Pinch pepper
- 1/2 teas celery salt

Cook the rice until barely tender. Drain thoroughly. Sauté onion until golden. Grate orange rind. Remove membrane and chop the flesh coarsely.

Place the peel, chopped orange, rice, onion and raisins in a bowl. Add seasonings and mix well

Makes about 4 cups enough for an approx. 3 kg turkey

Note I also have added some pecan nuts as well

Macadamia and walnuts could also be used if so desired

“CHAMPAGNE” COCKTAIL

(This is an individual serving recipe)

- Sparkling apple juice
- Strawberries

Fill a champagne glass with chilled sparkling apple juice. Add a strawberry and maybe an ice block if the weather is hot.



HUMMUS

600 g canned chick peas, drained and rinsed

3 cloves garlic, crushed

100 ml oil of choice

¼ cup water

2 tabs tahini paste

1 teasp ground cumin

Juice of 1 lemon

Place all ingredients into a food processor and process until combined. Add water and process until smooth. Place in a serving dish and serve with rice crackers or vegetable sticks.

FRUIT YOGURT ICECREAM

(This is very tasty and so simple to make! And great to serve at a barbeque on a hot night)

In a food processor combine 2 cups of cubed mango or strawberry or fruit of choice and approximately 1 cup of plain buffalo, sheep or goat milk yogurt. Process until the mixture is very smooth. Add a touch of Stevia to taste. Freeze. Remove from freezer 1 to 2 hours before serving time. It should be the same consistency and hardness as ice cream. Obviously the amount of time out of the freezer before serving is going to depend on the temperatures at the time.

Correspondence

One of the ways we know our website is having an impact is that from time to time committee members receive emails asking for specific advice. As the sender indicated a desire to share experiences, we thought that it would be useful to include one in this newsletter (it has been edited slightly for spelling and syntax).

Subject: Tylenol, Hypoglycemia, and the Liver—from Tom. Id (internet handle name)

Hi. I was trying to post a question to doctor George on your website but the "ask the doctor a question" site is not working at this time. So perhaps either you could answer my question or pass it along to doctor George. What is the connection between long term Tylenol use and hypoglycemic attacks in individuals who are predisposed toward hypoglycemia? Having been on products with Tylenol for about a year I began having hypoglycemic attacks. My doctor cut my dose and I have since been on a liver cleansing program taking Milk Thistle, Alpha-Lipoic Acid, the building blocks for the anti-oxidant Gluthione- Cysteine, Glycine, and Glutamine. In less than a week the attacks are gone. I thought I would ask if there is any research out there on this and to pass along my experience so as to help others who might be having the same problem. My liver tests were normal except for AST or ALT being a few points high at one point. I understand that the liver converts glycogen to glucose to keep blood sugar normal especially when we sleep. Most of my symptoms were in the morning and got better as the day went on. So I hope you find this information useful and can help others.

God Bless

Mindd Foundation Seminar

Dear Community;

Mindd Foundation is pleased to offer a free seminar series November 17 & 18 (10am to 5pm) in Darling Harbour at the *Gluten Free Food & Allergy Show*.

Traditionally the show has featured over 150 products and services to support those with allergies and food intolerances. They had 14000 people attend the Brisbane show last May. We are helping to expand the show into related Mindd issues that many of these families would be dealing with including; ADHD, learning delay, mood disorders, asthma, anxiety, depression, digestive disorders and more.

Dr. Kerryn Phelps has just signed on to be the spokesperson so the show will get a lot of media and reach many people.

Lectures will focus on preventative health with a focus on digestive health, healthy home, paediatric illness including (asthma, allergies, ADHD, Autism, learning delay) and neuro therapies. The list of participating speakers includes; Dr. Antony Underwood, Dr. Marilyn Dyson, Dr. Robyn Cosford, Maria Hunt, Karen Wheelright, Jo Harnett, Rosalba Courtney, Matthew Bourke, and Peter Dingle who will be featured in an 8 part series on SBS; *Is Your House Killing You?*

Admission to the show is \$15 and buys you access to over 170 products and services that support allergies and food intolerances. The Mindd seminars are no charge.

Please visit <http://www.allergyglutenshow.com.au/mindd.php> for more information and print the attached pdf if you wish to spread the word.

This is a good opportunity to get family and friends who would benefit by Biomedical and Integrative care to come along and hear lectures and then see all the products and services that can support a shift in diet and lifestyle.

Health & Happiness!

MINDD FOUNDATION

If you are looking for another forum for communication where you can ask questions or communicate with one another go to the Clinical Nutrition Discussion Forum at:

<http://forums.delphiforums.com/clinutrition>



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MEMBERSHIP RENEWAL

PLEASE PRINT

Mr/Mrs/Miss: Surname:..... First Name:

Address:

.....State:.....Postcode:.....

Please notify if your details have changed.

1 year Membership: \$22.00

3 year membership: \$50.00

Pensioners & Health Care Card Holders

1 year membership: \$16.50

3 year membership: \$ 35.00

Life Membership: \$200.00

Please tick type of membership

PLEASE NOTE - we now have Internet Banking. Details are as follows.

Our Bank Details: Westpac BSB: 032 258 A/C: 50 0324

When you choose <Internet Fund Transfer> Please insert: the following 2 details

1. Amount you are paying
2. your **NAME, IN THE REMITTER BOX** (very important as this is the only record of your payment if you pay online. Failing to do so creates a bank charge of \$35.00 for the Association.)

Please check with your bank for any differences in procedure for Internet Banking (this is based on the NAB format).

Until we set up automatic payment online would you please post or email your form (renewal or application) to Sue Litchfield, to enable us to keep track of membership payments.

As we are a registered charity, membership and all donations of \$2.00 or more are tax deductible.

Membership entitles you to all up-to-date information & newsletters. If you require a receipt please include a self addressed stamped envelope.

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MEMBERSHIP APPLICATION

PLEASE PRINT

Mr/Mrs/Miss: Surname:.....First Name:

Address:

.....State:.....Postcode:.....

Phone/or mobile number:.....

Email Address:.....

Year of Birth:.....Occupation.....

Full Membership: \$ 44.00

This includes a joining fee of \$22.00.

Pensioners & Health Care Card Holders Membership: \$ 33.00

This includes a joining fee of \$16.50.

Life Membership: \$200 (note no joining fee)

Please tick type of membership

Membership entitles you to all up-to-date information & newsletters. Please include your email address if you wish to receive the newsletter by email. This is recommended as it saves us postage and allows us to keep the membership subscription down.

Do you suffer with hypoglycemia? YES/ NO

Does a family member have food allergies/intolerances? YES/ NO

As we are a non-profit organisation aimed at providing support to our members, we need a group of volunteers to call on to spread the load in running the association. If you have any skills that would be of use in this we would appreciate your input.

Are you interested in volunteering to help running the association? YES/NO

See the Renewal Form on the previous page for instructions on paying by Internet Transfer.

Did you know that the Hypoglycemic Diet is the core of nutritional treatment? It is also the first step to the treatment of 90 other illnesses.

Please Photocopy

HEALTH PROFESSIONAL'S DONATION FORM

Name: _____

Profession: _____

Contact Number: _____

I wish to donate a cheque for \$ _____

Payable to the "Hypoglycemic Health Association of Australia."

Donations are tax deductible.

Please forward a complimentary copy of Dr George Samra's current book "THE HYPOGLYCEMIC CONNECTION II" to

Address: _____

_____ Post Code _____

Email Contacts:

Geoff Goninon—President

geoffgoninon@optusnet.com.au

John Natoli—Secretary

jpn@jntax.com

Sue Litchfield—Treasurer

litch.grip@bigpond.com

Feel free to contact any of the above members for further information.

Bequest to the Hypoglycemic Health Association of Australia

If you would like to include a bequest to the Hypoglycemic Health Association of Australia in your will you may choose the following options to guide your wording.

Option 1

I devise the sum of \$ _____

To the Hypoglycemic Health Association of Australia for general purposes OR for the specific purpose of _____

such purpose being consistent with the aims and objectives of the Hypoglycemic Health Association of Australia.

Option 2 (for proportional bequest)

I give the Hypoglycemic Health Association of Australia for its general purposes or the specific purpose of _____ a _____ percent of my estate.

The gift you make to the Hypoglycemic Health Association of Australia will be an enduring reminder of you.

NEXT MEETING—1 December 2007

2008 MEETING DATES—5 April, 2 August, 6 December

Every year Easter falls on a different day, so please confirm the date of the first meeting when you receive the first newsletter of the year .