



overview

with Dr Janice-Ann Priest

How are your nerves? Did you know you could check whether your nervous system is operating okay by a simple method. Stand up straight and extend your arms out to full length, including the tips of your fingers. Now watch the movement in your fingers. Do they tremble or shake a little? If they do, then it's time to take vitamin B6, better still take a vitamin B complex daily, in the morning. Your nervous system depends upon the stability of vitamin B6 and the whole B vitamin range. B vitamins are water-soluble, so they are a daily requirement to stay healthy. If you are not eating whole grains and organic foods, but have preserved, packeted foods daily, drink alcohol and handle cleaning agents etc., then your nervous system is at risk.

Did you know, according to historic medical literature, there were only 15 diseases to deal with pre-1950? Since then the medical profession has invented around 150 different diseases, numerous newly labelled health complaints – there are over 500, 000 pharmaceutical drugs now available to 'fix' these new complaints. In the 1940s when antibiotics appeared, the media and medical publicity hailed these new wonder drugs as the cure-all. Well, that didn't happen. Improved sanitation did though. By the 1960s, newly trained doctors prescribed these 'wonder drugs', while the seasoned doctors talked caution as a sensible approach. Once the older medical generation had moved on, every doctor, pharmacist and nurse prescribed pharmaceutical drugs above the traditional, historic medicines and methods.

In 1964, we held fourth place in the world OECD health statistics. By 2008, we were in 22nd place! Now I'm not an analyst, merely a natural health practitioner, but the statistics do not add up. Down from fourth place to 22nd between 1964 and 2008! I am convinced we are being conned. The marketing of manufactured drugs to our medical professionals is the greatest marketing con of all time. Billions of dollars have been spent in finding 'cures', but not one manufacturer of pharmaceutical drugs has a cure. In fact, it's against the law to offer a cure! So who thought of that piece of legislation? Certainly some drugs help you manage your health complaint, but wouldn't it be better still if you were offered an opportunity to find a natural solution?

Ill health begins with the food you eat and the liquid you drink. Even the Bible tells you what to do. Secondly, look at what you handle or use, e.g. sprays, toxins, toxic cleaners, dyes, to name a few. Thirdly, look at your physical exercise regime – even extreme sports have their health risk. And lastly, your way of thinking. Psychiatrists use thinking as their model, chiropractors and osteopaths the exercise aspect, and doctors clean up and prescribe drugs for your poor and unhealthy diet. However, no-one addresses the toxins. Only a naturopathic/homeopathic toxicologist can help there. Except for high risk cases of metal poisoning, our advanced scientific world has yet to find a way to test for daily toxins. Radiation is another risk factor. Who checks these levels? Yet, what do you get when you need a deeper diagnosis – a radiation blast! The theory is to kill everything in the area.

We hear of 'attacking disease' as if it's a war that you have no control over. Usually the media attackers are those trying to raise funds for their health organisations, so they can keep spending money on research, printing and releasing news about how to 'attack' a disease.

All the top motivational best-selling authors talk about your body and mind being a haven, a living temple, that dis-ease is only the body's response to an unhealthy environment when disharmony occurs in your body and mind; that nature and nurturing your body is the harmonious way to heal. My grandfather used to say, "Got anything wrong with you, go do some physical exercise, eat less and take a tablespoon of castor oil." My aunts used to say that depression is a luxury of those who are bored, that nothing a day of scrubbing and cleaning the house won't fix. You feel better for the exercise and the house sparkles. But then, I'm an old-fashioned ex-nurse and naturopath. What do I know against the knowledge of the scientific world?

Except, how to stay healthy!


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