THE OTHER SIDE OF THE STORY

&

GREEN HEALTH WATCH MAGAZINE

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GREEN HEALTH WATCH MAGAZINE

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Green Health Watch is an occasional 24-page magazine that aims to bring you the best information and research on how the way we live, and how the actions of Government and Big Business, affect our health. Often this is information that the-powers-that-be would prefer us not to know.

It is available worldwide both as an A4 paper magazine and as an electronic (PDF or EMAIL) magazine.

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Among the 39 short, easy-to-read articles in the current edition (49) you can read about ...

**Chemical Pollution**
- why there’s a problem with sofas
- how plastic bottles pollute the water they contain

**Children’s health**
- how fluoridated water has been linked to attention deficit hyperactivity disorder
- the low vitamin D3-autism/rickets link

**Climate change**
- why the oxygen level in the atmosphere is dropping

**Diet**
- a possible salt-high blood sugar gene
- skimmed milk, cheese and semen health

**Energy sources**
- the UK Government takeover of fracking planning permissions from Local Authorities

**Illnesses of our time**
- why you must start young to keep your memory sharp

**Lifestyle**
- what makes a chocolate ‘the best in the world’
- why Mother Nature must be given legal rights
- what watching television and taking air flights have in common

**Medicine - orthodox**
- hyperbaric oxygen therapy - how oxygen holds cancer back
- red blood cells, haemoglobin and ‘sats’

**Pesticides**
- the sorry tale of glyphosate - from pipe descaler to probable carcinogen

**Vaccination**
- why vaccinations struggle to achieve herd immunity

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The best and most informative magazine on health and the environment in existence - L.N., Carmarthen.
An excellent source of information that I do not find anywhere else - Dr. E.N., Cambridge.
It’s a mine of information - helps us to make informed decisions and to keep fighting back - A.R., Dorchester.
Superb information. If I was able to subscribe to only one publication it would be this one - S.D., Chipping Norton.
An absolutely first class publication ... up-to-the-minute news items covering all the important issues relevant to the environment ... excellent value for money - P.B., Belper.

What is needed to get an overall picture without having to read many specialist publications - M.B., Grange-over-Sands.
Congratulations on a beautifully produced, extremely informative and valuable publication - M.G., New Ross, Ireland.
We find it a very useful survey of interesting facts and ammunition for our newsletter - C.R., Chard.
It performs an invaluable service whereby subscribers benefit immediately and the whole community could benefit likewise.
The Health Secretary should read it - A.C., Poole.
Gripping. Love the editorial comments! - R.S., London. Extremely good. I appreciate how hard it would be to find this information on my own - C.K., Barnsley.
Vital reading. We are grateful to have found it - N.H., Stroud.
Informative about matters I would not otherwise hear about - B.R., Luton.
Well researched and very informative. It brings together research from a wide range of sources - F.H., London.
Essential reading, a good balance between positive and negative with just enough positive to preserve some optimism. Thank you for all your hard work - Y.L., Helston.
Your magazine has opened my eyes to what is happening in the world - M.F., Glasgow, Scotland.
Excellent value for money and well researched - D.B., York. I have passed it on to my M.P. - E.C., Cowes.
Extremely useful in discussions and lectures - Dr. T. de D., Sao Paolo, Brazil. Excellent. I feel more informed in a wide range of issues. Long may you exist - Mr. & Mrs. P.S., Freshwater.
An inspiration. Everyone should be reading it. There’s so much to learn that we’re not told about - PA., Glasgow, Scotland.
A very important, informative, up-to-date publication. Reader-friendly format - H.W., Forest Row.

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Lifts the curtain on the skullduggery going on in Industry and Medicine - M.C., Maidenhead.
Best read of the year - D.W., Helensburgh, Scotland.
Useful to take to my consultant when discussing the many destructive influences which go together to make my M.E. worse - J.W., London.
The facts are truly staggering! - Y.S., London. It is extremely well done and of the highest quality - E.G., Richmond.
An excellent way of keeping up with current issues. I pass on your information to others - M.L., Colchester.
Essential reading for those who care about the world’s effects on all of us. It is hardly possible to exaggerate its value - A.A., Crowborough.
We need this information - P.H., London.
It’s superb. Highly professional layout and intelligent selection of items and information. A major contribution. Your magazine is read from cover to cover as soon as it’s received - R.Z., Reading. I get a tremendous amount of mail but the arrival of Green Health Watch News is special. I invariably read it in one sitting. In my opinion it ranks as one of the best productions around and I congratulate you on the format and consistency. Ten out of ten - J.J., London.
Very interesting and enlightening - H.O., Farnham.
A valuable scan of information. Worth every penny - M.W., Barnet. Your magazine is very informative. I am often quite shocked at what I read. However, I feel I have a right to this news and am glad people like you publish this information. It is very necessary - W.B., Bristol.
GHW is as valuable to me as a medical handbook - Dr. D.R. London.
Green health watch is the best publication I subscribe to. I would be happy to support your work in any way I can - Dr A.B., Scharmer, Netherlands.
I enclose a donation of £500 to further support your excellent work. I do not have or want a computer. You keep me up to date and I thoroughly read every page. Articles precise and to the point. Saves me the effort of keeping up to date via other methods. May you go from strength to strength - M.S., Carbost, Isle of Skye.
I enjoy and learn from your magazine. - Dr. D.D., London.
With thanks for your excellent and informative magazine. - PA, Marlborough.
In 2012 we asked our subscribers which articles from the previous thirty editions they had found the most interesting. Here are the titles and by-lines of some of their choices ...

Puberty at ten?  
- it could be the TV or the computer

Death by chocolate  
- cocoa plantations heavily sprayed with pesticides

Killer bras  
- a link with breast cancer?

It's superb! Your magazine is read from cover to cover by the whole family as soon as it arrives - R.Z.

Brain's last defence overcome  
- mobile phone radiation opens up blood-brain barrier

Bugs drop out of the air  
- ionisers wipe out hospital infections

Organic milk just oozes health  
- gallons more brain-boosting omega-3

Animals give GM the thumbs down  
- chickens, rats, cattle and pigs all say 'No'

Out of the frying pan  
- overheated 'non-stick' pans cause 'Teflon flu'

Barking up the wrong tree  
- new trees not answer to global warming

Windfarm villagers revolting  
- migraine and depression soar

If I was able to subscribe to only one publication it would be this one - S.D.

Single jabs? Not so fast!  
- single jabs worse than MMR

Yes. Just looking can hurt  
- ultrasounds scans damage babies

Not 'just a quick call' on a mobile  
- short calls affect child brains for 50 minutes

Beware of Calpol  
- you won't believe what's in it!

The mercury in Mum's mouth  
- why there are four times as many autistic boys

Pot plants 'hoover up' pollution  
- indoors more polluted than outside

Am I a girl or a boy?  
- chemicals in the womb have their say

It is simply the best and most informative magazine on health and the environment in existence - L.N.

Cleaning the earth but poisoning the planet  
- GM trees absorb then breathe out mercury

Essential fish oils missing  
- birth defects and mental ill health predicted

Bad for the eyes  
- margarine brings fourfold risk of blindness

Real chocolate good for heart  
- active ingredient keeps blood circulating

Leaving sun screen at home  
- skin cancer rise continues. Rickets re-appears

Butterflies vote with their wings  
- organic farms have twice as many

Elderberry knocks out flu  
- significant improvements within two days

Multiple sclerosis  
- good levels of vitamin D halve the risk

Phone masts disguised as burglar alarms  
- thousands slip through planning loophole

Green Health Watch lifts the curtain on the skullduggery going on in Industry and Medicine - M.C.

Fried by the person next to you?  
- train carriages magnify phone radiation

Coca Cola the new DDT  
- also good for loos and rust

Six UK hot spots to avoid  
- radon may kill 19,000 a year

Somerset's nuclear seaside resort  
- breast cancer rates double the UK average

Evidence for MMR-autism link strengthens  
- Government favours shoddy “no link” research
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130+ short articles (26 A4 pages) about asthma: in children; diet; treatment; complementary medicine; electromagnetic fields; lifestyle and asthma; air pollution; pesticides; the `overcleanliness' hypothesis; smoking; vaccination

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122 short articles (30 A4 pages) on breastfeeding: abortion; breast cancer screening; chemicals; diet; drugs; the Pill; HRT; lifestyle and breast cancer; complementary therapies; workplace health; sleep; pesticides; electromagnetic fields; radiation; genetics; the politics; statistics

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90+ short articles (17 A4 pages) on breast feeding; the benefits for baby; the benefits for Mum; the benefits for the UK; breastfeeding campaign successes; breastfeeding v. milk formula; weaning and diet; lifestyle; breast feeding and maternal diet; pollution in breast milk

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171 articles (46 A4 pages) on mobile phones: Wi-Fi and phone masts; biological effects; illness; fertility; children; phonemasts; cordless telephones; best practice; magnifying; minimising and regulating mobile phone radiation; TETRA police radio; TV transmitters/antenna masts; radio transmitters/antennae masts; the science of electromagnetics; the politics; reducing and regulating radiation

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Vitamin D3 (on paper - £8 + £2 UK p&p, as a PDF/rich text email £7)
75 short articles (34 A4 pages): overview; vitamin D3 as a cost effective health solution; Government advice; safety; supplements; more science; chemical pollution; children’s health; autism; shaken baby syndrome; diet; breast cancer; heart disease; cancer; bones; muscle pain; multiple sclerosis; Parkinson’s disease; kidney stones; lifestyle and vitamin D3; vaccination

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In brief

- Bring a little extra magic into your life!
- An affordable, long-lived source of positively energised ‘living water’ on tap
- “Softer water”, “Creamier coffee”, “Smoother wine”
- The human body is 70% - 80% water
- Thousands of Aqua Vortex™ Liquid Energiser Kits sold since launch in 1991. No complaint about the product ever received. No kits ever returned unwanted
In more detail

We invite you to experience the magic of vortex energy (see below) in the shape of an Aqua Vortex™ Liquid Energiser. This is a specially calibrated vortex fashioned in food-grade stainless steel which you place in a funnel (supplied) and then pour water and water-based liquids through in order to energise them (e.g. tea, coffee, milk, fruit juices, fizzy drinks, beer, wine, spirits). “Energise” is the word the designer of the Aqua Vortex™ and we use. Other users prefer “enliven” or “revive”, or speak simply of “making water taste more like spring water” or “making white coffee taste creamier” or “making cheap wine taste smoother or less cheap”.

We consider the Aqua Vortex™ Liquid Energiser ‘magic’ in two senses of the word:

► magic in the sense of ‘thought impossible’ or ‘not understood’ by orthodox science
► magic in the sense of the ‘wow reaction’ the product usually receives

Whatever causes this magical reaction, the need for a little energising ‘magic’ for the water we drink and cook with is certainly growing. The water we drink from the drinking water taps in our dwellings, or as bottled water, or in water-based liquids, has been deadened by:

► industrial, agricultural and electromagnetic pollution in the environment
► the chemicals that leach into water from plastic mains water pipes and plastic bottles
► the chemicals added to mains water in some areas with the intention (apparently) of making it safe or healthy for us (like chlorine or ‘fluoride’)
► the way it is transported in straight lines for many miles (e.g. pipes, canals)
► being kept still for long periods in bottles and tanks. Water kept still, it is said, loses much of its energy within three days

In Nature, healthy, ‘living’ water left to its own devices is always twisting and turning and spiralling in vortices. Fresh, unpolluted spring water rarely needs energising.

Energised water

It is now generally agreed that all living beings:

► are made up of large amounts of water. The human body, for instance, consists of 70% - 80% water
need a substantial regular intake of water - averaging between one
and two litres a day
Accordingly it is likely to promote optimum health if we drink and cook
with health-bringing ‘living’ or ‘energised’ water rather than ‘deadened’
water. Good news here. Some users have reported that they prefer and
enjoy the taste of energised water and find it easier to drink significant
quantities. Perhaps it will make it easier for parents to encourage a taste
for water in their infants and children. Do let us know if your children or
grandchildren become fans of energised water!
In our view, in an ideal world at least one tap in every dwelling would be
fitted with (i) a reversed osmosis unit to purify the mains water of its pollution
and (ii) a vortex-based water energising unit to re-enliven the water. At
present the cost of in-line units is beyond most people’s means, so they ‘do
what they can’ and invest in various grades of water filter to remove the dirt
and toxins.
An Aqua Vortex™ Liquid Energiser is an affordable way of achieving ‘living
water’ on tap.
(Fitting reverse osmosis, filtering and energising units at tap level is more
effective than fitting them at mains input level because house piping
systems are themselves a significant source of water pollution and
deadening.)

Electromagnetic pollution
People like homeopaths and dowsers who hold that water possesses (i) a life
force, (ii) energies that vibrate and (iii) a form of memory that can hold data
are concerned that these may be deadened by electromagnetic pollution
from mobile phone and Wi-Fi emissions. Sadly, neither reverse osmosis nor
even the finest water filters can do much about that. Perhaps the energising
activity of the Aqua Vortex™ Liquid Energiser (no-one knows) counters this
form of pollution in some way.

Possible applications
Drinking water  Most people use their Aqua-Vortex™ to energise the
water they drink. Many report that it makes it taste “softer” or “more like
spring water”. Please print out the feedback form on page 22 and use it
to tell us if your Aqua-Vortex™ does that for you.

Brewing drinks  Many people fill their kettle with
energised water before brewing a drink like tea or
coffee (“making white coffee taste creamier” has often
been reported). Other users experienced a greater
effect when they poured the brewed drink through
the Aqua Vortex into the cup/mug. But was it the
energised water or, for those who put milk in their

For more information and to buy online visit webpage http://www.greenhealthwatch.com/goodsforworks/goodshealing/haavortex.htm
brewed drinks, was it the energised milk that made the difference? Again, please use the feedback form (page 24) to tell us what you tried and what your experience was.

**Other water-based liquids** Many users routinely pour their water-based liquids (e.g. milk, fruit juice, fizzy drinks, beer, wine and spirits. Many report that it improves their taste. Users talk of (e.g.) , or “making wine taste smoother” or less cheap”. Did energising your other water-based drinks change their flavour or texture (for better or worse)? If you make your own yoghurt and cheese, for instance, did it taste better or mature more quickly when made with energised milk?

**Animal detectives** Animals are often more sensitive than humans to subtle energies. Some very convincing research suggested that, when simultaneously offered (i) natural food and ii) a genetically modified version, both mice and cows tended to go for the natural version. Several Aqua Vortex™ users have claimed to have detected similar with their pets. When simultaneously offered a bowl of energised tap water and a bowl of water straight from the tap, their cat or dog appeared to prefer the energised water.

**Limescale deposits** Some users claim that energised water deposits less limescale in their kettle and steam iron. Others claim to have observed a descaling effect (i.e. the limescale deposits are somehow softened and broken down when regularly exposed to very hot energised water). Descaled kettles and steam irons come to the desired heat more quickly, saving you money and time, and are therefore better for the environment. Did your kettle or steam iron benefit from being filled only with energised water?

**Plants** Some users claim to have detected stronger growth in both indoor and outdoor plants watered regularly with energised water. Others have claimed increased resistance to pests and diseases in their plants. Others have claimed that cut flowers lasted longer when placed in energised water! Did being watered with energised water change the growth, flowering and fruting pattern of any of your plants? Did some improve, others not? Please print out the feedback form on page 24 and tell us your experience in this area.

N.B. When experimenting with with cut flowers remember to change the water every two days. As stated above, standing water appears to lose most of its energy within three days.

.../continued on next page
**Durability**

The energising effect of the Aqua Vortex™ does not appear to wear out and, made from food-grade stainless steel, the Aqua Vortex™ will not rust. Thus it has the potential of becoming a faithful, health-promoting companion for life.

The funnel is another matter. Plastics harden and become brittle when exposed to the air. It may be that after 20 years you will need to buy a replacement. When you do, buy a glass, pyrex, stainless steel, silver or environmentally-sound polyethylene one.

**Easy to use**

The Aqua Vortex™ Liquid Energiser comes with a handy, size-to-fit environmentally-sound polyethylene funnel. Slip the device into the neck of the funnel and pour the water or water-based liquid down it. The energised water or water-based liquid is ready to drink straight away. Liquids only need to be poured down the Aqua Vortex™ once in order to be re-energised. On the other hand, as stated above, water and water-based liquids held motionless for a few days appear to lose their energy and will benefit from another pour. Water and water-based liquids stored in cool, dark places appear to retain their energy slightly longer.

That the Aqua Vortex™ does not cause the liquid to spiral or make a vortex as it passes through is not important. It appears that it is not the spiralling, but the passing through/passing close to the vortex shape that energises the liquid.

The Aqua Vortex™ is designed for the re-energisation of small quantities. We recommend using it only when you are ready to drink or cook with it. Some users, however, have told us that they always like to keep two large glass bottles of energised water in hand, but also make sure that the water is used within two days.

The funnel, by the way, is made from environmentally-sound polyethylene. It is PVC-free, heavy-metal-free, plasticiser-free and bisphenol A-free.

**Easy care**

As stated above, the Aqua Vortex™ Liquid Energiser is made from food-grade stainless steel and will not rust. There may be some discolouring, but this is normal and does not affect its energising power. An occasional sterilisation is advised for maximum hygiene by boiling in hot water or washing in the dishwasher.

If you use your Aqua Vortex™ to energise liquids other than pure water, it
should be cleaned after use by running some hot water through it. Should it look grubby even after attempts to clean it (unlikely), please replace for reasons of hygiene. If it becomes scaled up (highly unlikely), descale by soaking in vinegar for a few hours.

Some feedback from users

A few weeks ago, someone bought me an Aqua Vortex Liquid Energiser, which I used with tongue in cheek. And I have been converted. I was born in Derbyshire where the water is very soft and pleasant to drink, which is more than can be said of the water in Hampshire, where it is so hard you have to cut it with a knife!

Anyway, since receiving my Aqua Vortex I am now drinking lots more water. I have converted my friends to try it as well so you could please send me four more.

- S.M., Waterlooville

My daughter has Chron’s disease. She said the Aqua Vortex made all the difference.

- M.S., Brighton

I have just received my Aqua Vortex and funnel. Many thanks. My highly sceptical husband has just tried the Aqua Vortex and can’t believe the difference it makes to water taste and texture.

- R.L., France

Just a note to say how pleased I am with the Aqua Vortex. I’ve drunk a whole pint of water and enjoyed the taste for the first time in years. Thank you so very much, it’s everything you said.

- E.W., Manchester

I confirm that our electric (Breville) water filter doesn’t need the cartidges replaced so frequently since using the Aqua Vortex to refill it each time.

- K.J.E., Norwich

Please will you send me two more Aqua Vortex. I think they are excellent. The water tastes so much better.

- U.G., London

I’ve used the Aqua Vortex in hospital where it made the water taste much nicer, and probably helped me recover quicker.

- J.R., London

For more information and to buy online visit webpage http://www.greenhealthwatch.com/goodslieworks/goodshealing/haaavortex.htm.../continued on next page
The way it improves a mediocre wine has got to be tasted to be believed.
- Peter Gardener
You are right, the water is most certainly revitalised.
- John Johnston, East Yorkshire
I was and am really impressed with the taste of water that has gone through the Aqua-Vortex. I want to drink more water and I wish I had bought it before.
- P.C., Southampton
I have been using the Aqua-Vortex coil for several years. I do not merely ‘feel’ or ‘believe’ that it invigorates the water I drink. I know it does. I have an incurable health condition that worsens somewhat if I drink water away from home where I use the Aqua-Vortex coil as part of a water-treatment plan daily. I also use such water to wash my face with good results for my complexion. I wish I had a coil big enough to install on my shower or for the bath!
- S.S., UK

My water vortex arrived in the middle of my morning mug of tea and the second half went through it. On a state benefit I asked before ordering - Can I afford to lose £17? If it’s another rip-off, will I upset myself? I decided I could bear the loss and that if I got ripped-off again I’d probably have a wry laugh and thankfully continue with what I already know works for me. “It’ll probably be very subtle,” I thought. It was. And definite too.
The second half had a definite but subtle vitality and body to it that the first half didn’t. So I thought, I’ll try some water.
When I drink water regularly I feel better and others often comment I look better but it’s something I have to force myself to do, and frequently don’t. Today it seemed I couldn’t get enough of the stuff and even though I felt my thirst refreshingly quenched with each glass, I’d be looking forward to the next one.
I’ll be going to bed soon, and I notice I’m happily looking forward to being able to drink some water tomorrow! I feel that my relationship with water is changing, including from drinking it because “it’s good for me” to.../continued on next page
enjoying drinking it, to feeling it’s good for me as I drink it; from having to remember to extend love and gratitude to the water to naturally feeling love and gratitude for the water as I prepare (filter and vortex) and drink it. This might all be beginner’s luck, something I’ve experienced before. I’ll give it a while and let you know. One possibility I’m open to is that my body has been dehydrated for a long time. It would explain the thirst. Who knows what re-hydration might bring?

All the best, and thank you,
- T.R., London

I have been using the silver Aqua-Vortex for many years now (possibly 20 years), and continue to use it on a daily basis for all my drinking water. The improvement in taste is dramatic, but what I like about it most, is that it makes drinking plenty of water so easy. I actually WANT to drink more, it happens naturally rather than always feeling I OUGHT to drink more but not doing it.
- B.W., UK

I used the Aqua-Vortex energiser on my water in hospital. It made it taste much nicer and helped me recover quicker. Thank you for a simple, affordable and effective product.
- J.R., London

I began using the Aqua-Vortex about twelve years months I began to lose weight and over the following six weeks I lost over one stone, bringing me to a normal weight at drink two litres of water per day, virtually no tea or doctor’s approval.
- F.M., Isle of Man

I love my water spiralled by the AquaVortex. Since the first sip, water tastes and feels more energetic, cleaner on my system, I drink much more, and want to drink more to re-hydrate my body.

I test my friends and even my client’s guide dog, and in a blind test everyone, including the dog chose the spiralled liquid. Thank you for your excellent and useful product.
- L.I., UK

My first impression of the water spiral was very positive: a sort of feathery fizzle on my tongue, very delicate, almost like carbonated water but not nearly so physical. More of an invitation than an assault, which I experience when drinking carbonated water. I am usually a reluctant water drinker, but this invites me to keep trying. With the water filter, the two make our tap water really drinkable!! Thank you so much.
- A.S., UK

.../continued on next page
AQUA VORTEX LIQUID ENERGISER KIT FEEDBACK AND PUBLISHING PERMISSION FORM

To: the Environment-Health Trust, Muir of Logie, Dunphail, Forres IV36 2QG
Regarding: The Aqua Vortex Liquid Energiser
Feedback:

Permission to publish
I hereby grant permission to The Environment-Health Trust to publish the above feedback statement in whole or part on their website and/or promotional print materials. I may withdraw my permission at any point by giving one month notice.

Signature: __________________________
Date signed: ________________________

Normally we only give the person's initials and town and country of residence when publishing their feedback. Is that acceptable? Yes / No (please circle)

Name(s): ____________________________________________
Address: _____________________________________________
Postcode: ____________________________________________
Tel: __________________________________________________
Email: ________________________________________________

Please continue on a sheet of paper if you have more to tell us.
AQUA VORTEX LIQUID ENERGISER KIT ORDER FORM

(payment by £ sterling cheque or bank transfer)

☐ I/we want to buy some Aqua Vortex Kits and pay by cheque or bank transfer

Name(s): ____________________________
Address: ____________________________
Postcode: ____________________________
Tel: ____________________________
Email: ____________________________

☐ I/we will pay by bank transfer and email you the details (contact@greenhealthwatch.com)

PAYMENT BY £ STERLING CHEQUE
Please make out your cheque to ‘The Environment-Health Trust’ and send it with this order form to:
The Environment-Health Trust
Muir of Logie, Dunphail, Forres
Scotland IV36 2QG

PAYMENT BY £ STERLING BANK TRANSFER
(Please telephone or email us to say that you have done so.)
Our bank account details are:
Bank name: Santander
Sort code: 09-06-66
Account name: The Environment-Health Trust
Account number: 40942728
Swift and BIC code: ABBYGB2L
Iban: GB45ABBY09066640942728

PAYMENT BY £ STERLING DEBIT OR CREDIT CARD
Buy online at the webpage listed at the foot of this page or telephone our office on 01309 611200

PAYMENT BY £ STERLING PAYPAL
Our PayPal ID: nick@greenhealthwatch.com

GRAND TOTAL _______________________

Total £p posted to UK

☐ One Aqua Vortex Liquid Energiser Kit 19.00
☐ Two Aqua Vortex Liquid Energiser Kits 34.00
☐ Three Aqua Vortex Liquid Energiser Kits 46.00
☐ Other: ____________________________

The Environment-Health Trust, Muir of Logie, Dunphail, Forres, Scotland IV36 2QG 00 44 (0)1309 611 200 email: contact@greenhealthwatch.com website: www.greenhealthwatch.com
The Water-powered Multi-function Clock posted to an address in the UK

H2O Water-powered Multi-function clock - £19 (incl. £4 p&p)
H2O Replacement Water-power Battery x 2 - £11 (incl. £4 p&p)

For your convenience there is a printable H2O Water-powered Multi-function Clock and Battery x 2 order form and explanation of payment options on page 28.

Office opening hours: 10am - 7pm (19.00) UK time
Monday - Saturday

In brief

- Powered by the revolutionary, replaceable and patented H2O-powered battery, the H2O Multi-function Clock has four functions:
  - In ‘stand-by’ it displays the time, day and date
  - If you rotate the clock 90° it displays the alarm settings
  - Rotate it another 90° and it shows the countdown timer
  - Rotate it a final time and it shows the temperature

- All H2O water-powered products are energy-saving and better for the environment.

Dimensions and weight
95mm x 95mm x 50mm  149g

.../continued on next page
THE WATER-POWERED MULTI-FUNCTION CLOCK (2)
AND RECHARGEABLE, REPLACEABLE BATTERY

In more detail

Powered by the revolutionary, replaceable and patented water-powered H2O battery (see opposite), the H2O Multi-function Clock has four functions:

- In ‘stand-by’ it displays the time, day and date
- If you rotate the clock 90° it displays the alarm settings
- Rotate it another 90° and it shows the countdown timer
- Rotate it a final time and it shows the temperature

All H2O water-powered products are energy-saving and better for the environment.

Dimensions and weight
95mm x 95mm x 50mm  149g

The H2O battery

The technology used by H2O’s patented water-powered battery uses two electrodes made from specially formulated alloys, one positive, the other negative. When immersed in water an electrochemical reaction takes place, generating electricity.

To maintain a constant supply of energy simply refill the chamber as the water evaporates, typically every two to three months. The H2O battery has a minimum continuous life of at least a year. In addition to this, the H2O battery (unlike all conventional batteries) can be stored in its dry state indefinitely and can be left to dry out at any time during its life and its life extended indefinitely.

As all the components of the H2O battery are recyclable, the benefits over traditional batteries are countless. Every year billions of conventional dry cell batteries are used, and the recycling of such waste is not only expensive but often incomplete, resulting in hazardous pollution and damage to our environment.

.../continued on next page
The Environment-Health Trust, Muir of Logie, Dunphail, Forres, Scotland IV36 2QG
00 44 (0)1309 611 200   email: contact@greenhealthwatch.com   website: www.greenhealthwatch.com

Name(s): ____________________________
Address: ____________________________
Postcode: ____________________________
Tel: ____________________________
Email: ____________________________

I/we want to buy some Water-powered Clocks/Batteries and pay by cheque or bank transfer

☐ One Water-Powered Multi-Function Clock: £19.00
☐ Two Water-Powered Multi-Function Clocks: £34.00
☐ One pair of replacement batteries: £11.00
☐ Other: ____________________________

Total £ posted to UK: ____________________________

PAYMENT BY £ STERLING CHEQUE
Please make out your cheque to ‘The Environment-Health Trust’ and send it with this order form to:
The Environment-Health Trust
Muir of Logie, Dunphail, Forres
Scotland IV36 2QG

PAYMENT BY £ STERLING BANK TRANSFER
(Please telephone or email us to say that you have done so.)
Our bank account details are:
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Account name: The Environment-Health Trust
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iban: GB45ABBY09066640942728

PAYMENT BY £ STERLING DEBIT OR CREDIT CARD
Buy online at the webpage listed at the foot of this page or telephone our office on 01309 611200

PAYMENT BY £ STERLING PAYPAL
Our PayPal ID: nick@greenhealthwatch.com

☐ Cheque to ‘The Environment-Health Trust’ enclosed
☐ I/we will pay by bank transfer and email you the details (contact@greenhealthwatch.com)
Osteo-Trace “bone food” was designed by Dr. Rex Newnham to combat his own worsening arthritis (successfully).

The inclusion of three milligrams of boron in each tablet followed his discovery that the lower the levels of boron in the earth and water worldwide, the higher the levels of arthritis in the population.

The other sixteen nutrients Osteo-Trace contains were selected specifically with bone health in mind, but are also good for the body as a whole, making it a powerful and cost-effective daily multi-vitamin as well.
Osteo-Trace contains three milligrams of boron plus sixteen other substances essential to healthy bones and helpful in the treatment of arthritis, rheumatoid arthritis and osteoporosis. It was developed by Dr. Rex Newnham after he had identified a conclusive link between (i) low levels of boron in the soil and water and (ii) raised levels of arthritis/rheumatoid arthritis in the populations that lived in those areas. In the parts of Australia where drinking water contains high boron levels (at least seven parts per million), for instance, there is no arthritis in either humans or animals, and in Israel, with high soil boron levels, arthritis runs at 1%. In the US and UK, however, where both water and soil boron levels are low, the average arthritis rate is 20%.

Also, the Xhosa tribe in South Africa drinks high-boron water. Only 3% of its people suffer from arthritis until they move into the cities and adopt the city-dwellers diets, when their arthritis levels quickly rise to those of the city-dwellers (20%). When they return to their tribal lands, their arthritis goes away.

Dr. J.R. Mansfield (past president of the British Society for Allergy, Environmental and Nutritional Medicine) stated that boron supplementation doubled his success rate when treating osteo-arthritis. He also said that Rex deserved enormous credit for his single-handed discovery “which should ... result in millions of people being spared the agonies of this highly unpleasant condition”.

A veritable powerhouse of goodness

Osteo-Trace is much more than an arthritis supplement, containing significant amounts of many of the nutrients essential to good health overall. Compare its contents (below) to many multi-vitamin pills to see what excellent value it is! Each tablet of Osteo-Trace contains:

- Boron (3mg) not only increases bone hardness and relieves arthritic and rheumatoid pain, but also helps the body to convert vitamin D2 into vitamin D3, the form of vitamin D the body uses to: absorb calcium from food; protect against loss of bone mineral density and osteoporosis; protect against (e.g.) colon, breast, prostate and ovarian cancers, heart disease, multiple sclerosis, atherosclerosis, rheumatoid arthritis, high blood pressure, acute lower respiratory infection, obesity, type 1 diabetes and depression
OSTEO-TRACE BONE FOOD (3)

B vitamins aid amino acid metabolism, a key factor in bone and tissue repair. They can also reduce oedema, pain, joint stiffness, sensory numbness and tingling. Specifically...

Vitamin B3 (10mg) helps the body digest carbohydrates, fats and proteins, improves blood circulation, and reduces blood cholesterol

Vitamin B5 (9mg) is very effective for joint pain

Vitamin B6 (10mg) helps build up collagen

Vitamin B12 (3mcg) activates the enzymes which help maintain cell health

Vitamin C (200mg) helps to prevent inflammation at the joints

Calcium (83mg) protects against osteoporosis and essential for optimal bone health

Copper (81mcg) helps the body absorb iron from food and turn protein into muscle. It also works with vitamin C to help the body form elastin, an important part of connective tissues, and promotes healing in general

Vitamin D2 (10mcg) plays an important role in calcium absorption and bone health

Magnesium (12mg) helps disperse calcium throughout the body. Inadequate levels of magnesium leads to low calcium levels

Manganese (4.5mg) helps with the formation of connective tissue and is essential for strong bones

Molybdenum (25mcg) helps the body absorb nutrients, remove toxins, and is essential for normal sexual function

Phosphorus (68.6mg) works with zinc to help maintain bones and teeth.

Selenium (30mcg) is a powerful anti-oxidant which helps maintain tissue elasticity and slows the ageing process

Zinc (5mg) is key to many body functions, including physical development and growth, wound healing and good enzyme functioning.

Kelp (7.5mg) is a good source of iodine, calcium, magnesium, potassium, sodium and other trace nutrients

Dosage, course and contents
A pot of Osteo-Trace contains 90 tablets - one month’s supply. The recommended dosage is one tablet three times a day with meals. The longer you have had arthritis, rheumatoid arthritis or osteoporosis, the longer it will take to recover. As a rough guide, people under 60 will begin to feel benefit by the end of the first month, people aged between 60 and 70 within two months, and people 70+ within three months.

Osteo-Trace is suitable for vegans. It contains no gelatin, gluten, wheat or lactose.

For more information and to buy online visit webpage http://www.greenhealthwatch.com/goodsifeworks/goodshealing/hrnewnhamost.htm

The Environment-Health Trust, Muir of Logie, Dunphail, Forres, Scotland IV36 2QG 00 44 (0)1309 611 200 email: contact@greenhealthwatch.com website: www.greenhealthwatch.com
Carol’s feedback

Carol has both rheumatoid arthritis and osteoporosis. Despite taking the drug hydroxychloroquine for her arthritis, she was still in considerable pain. She ordered her first three months supply of Osteo-Trace in October 2004 and took three tablets a day as per Dr. Rex Newnham’s recommendations. She noticed a little improvement in her feet and wrists.

Also mindful of Rex’s advice that any improvement takes at least a month, and as long as three months if you are over seventy or your condition is severe, she ordered further supplies but decided to reduce the dose to two a day. Progress was slow but steady. When Carol began the course, she was taking painkillers every day. Now she hardly ever needs them, and can walk considerable distances without any ill effect. The swelling in her wrists has gone down a lot As for her osteoporosis, Carol has not yet had an opportunity to get her bone mass density re-measured, but has noticed that her nails are much thicker and stronger. She recommends others to try Osteo-Trace but insists that it is important to be patient for results and persist for at least six months.

As Rex had reassured, there has been no adverse reaction with hydroxychloroquine, which she continues to take for the time being. Rex has never heard of any adverse reactions between Osteo-Trace and either drugs or herbs. As he often said, everything in Osteo-Trace should be in the food we eat.

McTimoney Chiropracter Marianne Woollhead’s feedback

Dear Colleagues,

I first read about Rex Newnham’s work developing Osteo-trace and his successful use of it against his own worsening arthritis in Green Health Watch Magazine. (click here)

I wanted to test Osteo-trace out so I suggested to a handful of clients that they buy the recommended three-month course and see if it helped.

The results were very good. Just over half reported reduced joint pain and improved mobility. Another quarter reported benefit. The remaining quarter did not feel that Osteo-trace had benefitted them but passed the rest of the pills on to others with very positive results.

I considered these results very good and now recommend Osteo-trace to all my clients with osteoarthritis or rheumatoid arthritis.

Best wishes,
Marianne Woollhead D.C.

Boron and arthritis levels around the world

A table of boron and arthritis levels around the world may be found on the next page.
### Examples of boron intakes and arthritis levels around the world

Research conducted by Dr. Rex Newnham

<table>
<thead>
<tr>
<th>Country and Source</th>
<th>Daily intake (mg boron)</th>
<th>Approx. incidence of arthritis %</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jamaica 1974 soil analysis</td>
<td>&lt;1</td>
<td>70.0</td>
<td>All food crops deficient</td>
</tr>
<tr>
<td>Mauritius sugar cane analysis</td>
<td>&lt;1</td>
<td>50.0</td>
<td>Most food crops deficient</td>
</tr>
<tr>
<td>Fijian Indians</td>
<td>1</td>
<td>40.0</td>
<td>Eat mostly rice</td>
</tr>
<tr>
<td>Native Fijians</td>
<td>3-5</td>
<td>10.0</td>
<td>Eat mostly root veg.</td>
</tr>
<tr>
<td>USA, UK, Australia, S. Africa (food analyses)</td>
<td>1-2</td>
<td>20.0</td>
<td>Most elderly arthritic</td>
</tr>
<tr>
<td>Xhosa tribe in Transkei (Meyers 1977)</td>
<td>2-5</td>
<td>3.0</td>
<td>Eat native maize grown without fertiliser</td>
</tr>
<tr>
<td>Xhosa tribe in big cities</td>
<td>1-2</td>
<td>20.0</td>
<td>Eat commercial maize grown with fertilisers</td>
</tr>
<tr>
<td>Carnarvon, West Australia (survey 1981)</td>
<td>6-10</td>
<td>1.0</td>
<td>Soil and water high boron content</td>
</tr>
<tr>
<td>Israel (Volcanic Institute and 1981 arthritis survey)</td>
<td>10+</td>
<td>0.7</td>
<td>Water high boron content</td>
</tr>
</tbody>
</table>

One research study linked low boron intake (less than 2mg/day) to a 20% increased risk of developing arthritis, while others have assessed maximum safe levels to be 13-18mg/day. Most groundwater supplies in the US and Europe have low boron levels, leaving plenty of scope for safe boron supplementation. Some bottled waters are a rich source, yielding up to 4.5mg a litre. Pears, grapes, nuts, cabbage, parsley and dandelion are also good sources, but only if they have been grown in boron-rich soils. Adequate levels of boron may be important for brain function, and appear to raise oestrogen and testosterone levels, possibly increasing fertility. (9816) Positive Health 1.6.03)

For more information and to buy online visit webpage http://www.greenhealthwatch.com/goodslifeworks/goodshealing/hrnewnhamost.htm
**OSTEO-TRACE BONE FOOD ORDER FORM**

/payment by £ Sterling cheque or bank transfer/

<table>
<thead>
<tr>
<th>Name(s):</th>
<th>Address:</th>
<th>Postcode:</th>
<th>Email:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

I/we want to buy some Osteo-Trace and pay by cheque or bank transfer

- One pot of 90 tablets = 90 tablets
- Two pots of 90 tablets = 180 tablets
- Three pots of 90 tablets = 270 tablets
- Six pots of 90 tablets = 540 tablets
- 12 pots of 90 tablets = 1,080 tablets
- Another quantity ( ) of pots

**PAYMENT BY £ STERLING CHEQUE**

Please make out your cheque to ‘The Environment-Health Trust’ and send it with this order form to:

The Environment-Health Trust
Muir of Logie, Dunphail, Forres
Scotland IV36 2QG

**PAYMENT BY £ STERLING BANK TRANSFER**

(Please telephone or email us to say that you have done so.)

Our bank account details are:

- Bank name: Santander
- Sort code: 09-06-66
- Account name: The Environment-Health Trust
- Account number: 40942728
- Swift and BIC code: ABBYGB2L
- iban: GB45ABBY09066640942728

**PAYMENT BY £ STERLING DEBIT OR CREDIT CARD**

Buy online at the webpage listed at the foot of this page or telephone our office on 01309 611200

**PAYMENT BY £ STERLING PAYPAL**

Our PayPal ID: nick@greenhealthwatch.com
**Vitamin D3**

**Standard grade vitamin D3** (Vitamin Research Products)
One pot (250 x 1,000IU/25µg caps.) - £17.00 posted to UK
(Price per 1,000IU/25µg: 6.8 pence)
For your convenience there is a printable Vitamin D3 Order Form and explanation of payment options **on page 46**

**Ultra-pure grade vitamin D3** (Nature’s Sunshine)
One pot (60 x 2,000IU/25µg caps.) - £11.45 posted to UK
(Price per 1,000IU/25µg: 9.5 pence)
For your convenience there is a printable Vitamin D3 Order Form and explanation of payment options **on page 46**

For a detailed explanation of Nature’s Sunshine’s ultra-pure approach go to page 42.

**Office opening hours:** 10am - 7pm (19.00) UK time
Monday - Saturday

For more information and to buy online: [http://www.greenhealthwatch.com/goodslifeworks/goodshealing/hvitd3.htm](http://www.greenhealthwatch.com/goodslifeworks/goodshealing/hvitd3.htm)
In more detail

Doctors used to think that the kidneys provided the body’s needs for vitamin D, and that these were principally to do with bone health (e.g. rickets in young children. More and more studies now show that having good levels of vitamin D in your blood serum is so central to human health that:

- given sufficient exposure to sufficiently strong sunlight (see below), the skin makes up to 25,000 International Units (IU)/625 micrograms (µg) of vitamin D3 a day
- many human body organs and tissues have specific ‘vitamin D3 receptors’ to extract vitamin D3 from the bloodstream
- a blood serum vitamin D level above 50 nanograms per millilitre (50ng/ml) or 20 nanomoles per litre (nmol/L - see ‘Vitamin D3 measurements and units’ below) reduces the risks of developing a wide range of human illnesses. The latest list includes: osteomalacia (rickets); periodontal (gum) disease; osteoporosis and inability to build bone; rheumatoid arthritis; high blood pressure; bladder, breast, colon, gall bladder, gastric, ovarian, prostate, pancreatic, rectal and renal cancers; heart disease; multiple sclerosis; atherosclerosis; tuberculosis; seasonal affective disorder (SAD); depression; obesity and type 1 diabetes

- the adult body consumes between 3,000IU/75µg and 5,000IU/125µg a day

One group of doctors is so impressed by vitamin D3’s potential for preventing illness that, taking the European Union (EU) as a whole, it has compared (i) the cost of treating the illnesses partly or wholly due to vitamin D3 deficiency to (ii) the cost of giving everyone living in the EU a daily dose of 2,000IU- 3,000IU. Its calculations suggested that giving every everyone a daily vitamin D3 supplement would save the EU 177 million euros.

Vitamin D3-deficiency rife

Over 50% of whiter-skinned people and up to 90% of darker-skinned people living in the more industrially developed countries are vitamin D3-deficient. So how much do we need? What is a safe daily dose? And where best to get it from - sunlight, food or a food supplement?

Vitamin D3 measurements and units - briefing

But first, a short explanation of the scientific units. Vitamin D3 supplements are measured in either International Units (IU) or micrograms (µg). In the case of vitamin D3 1mg) = 40IU.

Blood/serum vitamin D3 levels are measured in either nanograms per millilitre (ng/ml) or nanomoles per litre (nmol/L. In the case of vitamin D3 1ng/ml = 2.496nmol/L.

For more information and to buy online: http://www.greenhealthwatch.com/goodsifeworks/goodshealing/hvtd3.htm
VITAMIN D3 (3)

The ratio is different for other substances, according to the substance’s molar mass.

How much vitamin D3 do you need?
No-one really knows. It depends who you ask!

For instance, the UK Department of Health (DoH) recommends that:

- pregnant and breastfeeding women take a daily vitamin D3 food supplement of 600IU/15µg
- babies and young children aged six months to five years take a D3 daily food supplement of between 280IU/7µg and 340IU/8.5µg
- people aged between six and 64 years do not need a daily vitamin D3 food supplement. Most of these people, the DoH claims, will get all the D3 they need through direct exposure of their skin and eyes to sunlight. (Ed.- As far as we have ascertained to date, the DoH is the only national health service of a country situated so far from the equator that believes this.)
- people aged 65+ years, and people whose skin is not exposed to much sun (i.e. most of us) take a daily food supplement of 400IU/10µg
- people with darker skin take a daily food supplement of 400IU/10µg

The daily intakes of vitamin D3 recommended by the US Food and Nutrition Board (FNB) are generally higher (e.g. babies 400IU/10µg, 51-70 year olds 600IU/15µg). But critically, recognising that most Americans lead ‘behind glass’ lifestyles these days, the FNB recommends that people aged between six and 70 years also have a daily vitamin D3 intake of 600IU/15µg, and that people aged over 70 ensure they consume a daily vitamin D3 intake of 800IU/20µg.

The Canadian Cancer Society (CCS) and the Canadian Dermatology Association (CDA) now recommend that all adults consume a daily vitamin D3 intake of 1,000IU/25µg during the autumn and winter months, and that adults susceptible to low vitamin D3 levels should take 1,000IU/25µg of vitamin D3 a day all year round. This includes people who are older, people with darker skin, people who don’t go outside often, people who are very overweight, and people who habitually wear clothing that covers most of their skin.

The US Endocrine Society recommends daily intakes of: (infants) 400-1,000IU/10-25µg, (children) 600-1,000IU/15-25µg, and (adults) 1,500-2,000IU/37.5-50µg.

The Vitamin D Council recommends daily intakes of (infants)1,000IU/25µg, (children)1,000IU/25µg per 25lbs of weight, and (adults) 5,000IU/125µg.

Editor of Green Health Watch Magazine Nick Anderson takes 4,000IU/100µg

For more information and to buy online visit webpage http://www.greenhealthwatch.com/goodshealworks/goodshealing/hvtd3.htm

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of D3 a day.

But perhaps our body knows best ...

Given enough sufficiently strong, direct sunlight on the skin and eyes, it produces between 10,000IU/250µg and 25,000IU/625µg - depending on the strength of the sun - in just over half the time it would take to make the skin go pink. Even more amazingly, it also limits the amount of vitamin D3 produced in any one day to 25,000IU/625µg. After that, if any more is produced, the same direct sunshine works to destroy the excess! No-one knows yet why the body both produces so much vitamin D3 so quickly then puts a ceiling on daily production, but what zoologists do know is that Nature never designs systems as complex as the vitamin D3 system for no good reason.

But the massive amount made so quickly certainly underlines the importance of vitamin D3 for all-round good health.

N.B. Generally speaking, the lighter the skin, the more quickly it produces vitamin D3. The lightest skins can produce vitamin D3 six times faster than the darkest skins.

The case for a blood serum/vitamin D3 level of ~50 nanograms per millilitre/~20 nanomoles per litre

Nutritional scientists continue to debate what the level of blood serum vitamin D3 needs to be in order to both make a healthy human and reduce her/his risk of developing a wide range of illnesses. Some argue that it should be at least 20 nanograms per millilitre (8 nanomoles per litre) because 20ng/8nmol is generally sufficient to suppress the production of parathyroid hormone (which erodes bone). Others plump for 30ng/12nmol because the absorption of calcium in the gut (and in bone) is maximised at that level. Still others (like Bruce Hollis, Robert Heaney and Neil Binkley) argue that 50ng/20nmol should be the minimum. They note that:

- there is growing evidence that blood serum vitamin D3 levels of around 50 nanograms per millilitre (20 nanomoles per litre) are needed (levels far higher than can be achieved by the daily intakes/supplements recommended above) if one seeks to reduce peoples’ risk of developing many illnesses. Accordingly, they and many like them now stress the need to ensure a daily vitamin D3 daily intake of 5,000IU/125µg - especially between September and April for people living 37+° latitude north or south of the equator.
- below 50ng/20nmol the body uses up vitamin D3 faster than it makes it. One study found that the body of a healthy adult man uses up between 3,000IU and 5,000IU of vitamin D3 a day when a young mother’s blood serum vitamin D3 level is above 50ng/20nmol her breast milk also contains enough D3 to ensure...
adequate levels of the vitamin in the blood serum of her baby

The Vitamin D Council supports a target blood serum vitamin D3 level of 50-70ng/20-28nmol for four further reasons:

- the average blood serum vitamin D3 level of humans who work in the sun in reduced clothing, such as builders and lifeguards, is between 40ng/16nmol and 60ng/24nmol
- the average blood serum vitamin D3 level of people who begin to store vitamin D3’s parent compound (cholecalciferol) in their fat and muscles is around 40ng/16nmol
- the average blood serum vitamin D3 level of our closest simian relatives, such as chimpanzees living wild in Africa, is between 40ng/16nmol and 60ng/24nmol. This latter, by itself, does not prove, of course, that humans need such levels, but it certainly raises the issue
- In 2015 a study found that 35 Maasai and 25 Hadzabe pastoral hunter-gatherers living in Tanzania near the equator had an average blood serum vitamin D3 level of 48ng/119nmol. The levels ranged between 23ng/9nmol and 68ng/27nmol

What is a safe daily intake of D3?
Again controversial. The US Food and Nutrition Board (FNB) accepts that 1,000-1,500IU/25-37.55µg a day of vitamin D3 is completely safe for infants (i.e. aged less than twelve months) providing they do not have a contra-indicated medical condition (e.g. hyperparathyroidism, sarcoidosis) that may be worsened by high vitamin D3 levels, or are taking a synthetic drug (e.g. warfarin) which makes them hypersensitive to vitamin D3. It accepts that 2,500-3,000IU/62.5-75µg a day is completely safe for children (i.e. aged above 12 months), and 4,000IU/100µg a day completely safe for adults. The US Endocrine Society’s safe maximum daily intakes are: (infants) 2,000IU/50µg; (children) 4,000IU/100µg; (adults) 10,000IU/250µg.

The Vitamin D Council’s safe maximum daily intakes are: (infants) 2,000IU/50µg; (children) 2,000IU/100µg per 25lbs body weight; (adults) 10,000IU/250µg.

Citing a 1999 study, vitamin D expert Geoff Venning states that to date there is no evidence of adverse effects from supplementation with up to 10,000IU/250µg a day in people not sensitive to vitamin D3. The lowest level of supplementation ever shown clinically to have an adverse effect was 40,000IU/1,000µg a day taken for at least three months.
Research from Bruce Hollis and Carol Wagner of the Medical University of South Carolina (US):
- found that it was safe for women to take 4,000IU/100µg of vitamin D3
VITAMIN D3

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Vitamin D3

How best to get my daily intake of vitamin D3?

Humans can get vitamin D3 from direct exposure of their skin to sufficiently strong sunlight, from food, and from a food supplement. In fact, for the average person living and working in a more industrially developed country either more than 37° latitude north or more than 37° latitude south of the equator, there is only one practical choice - a vitamin D3 food supplement.

Vitamin D3 from food

There is no practical food source of vitamin D3 (whatever the sellers of cod liver oil may tell you). Here are the richest food sources according to the US Institute of Medicine (IOM) of the National Academy of Sciences.

<table>
<thead>
<tr>
<th>Dietary source</th>
<th>International units (IU)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cod liver oil, 1 tablespoon</td>
<td>1,360</td>
</tr>
<tr>
<td>Salmon, cooked, 3½ ounces</td>
<td>360</td>
</tr>
<tr>
<td>Mackerel, cooked, 3½ ounces</td>
<td>345</td>
</tr>
<tr>
<td>Tuna fish, canned in oil, 3 ounces</td>
<td>200</td>
</tr>
<tr>
<td>Sardines, canned in oil, drained, 1¼ ounces</td>
<td>250</td>
</tr>
<tr>
<td>Egg, 1 whole (vitamin D3 is found in egg yolk)</td>
<td>20</td>
</tr>
<tr>
<td>Liver, beef, cooked, 3½ ounces</td>
<td>15</td>
</tr>
<tr>
<td>Cheese, Swiss, 1 ounce</td>
<td>12</td>
</tr>
</tbody>
</table>

After these, levels plummet to ...

So, if someone living in the UK was aiming at a daily vitamin D3 intake above 1,000IU/25µg from October to April, the only feasible food source would appear to be cod liver oil (one tablespoon delivers 1,360IU/34µg). But, ideally, this should be organic cod liver oil. Cod are high in the food chain so likely to contain significant levels of pollution. The cod liver oil would also have to be 'virgin' or cold-pressed and unprocessed in order to preserve its

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Finally, companies which have tried to find ways of de-polluting cod liver oil and making it more palatable have found, in all cases, that the processes appeared to have reduced the oil’s natural D3 content considerably. For instance, all but one of Nordic Naturals’ cod liver oil products (famous for their purity and an excellent source of essentially fatty acids) contain no more than 40IU/1µg of D3 per teaspoonful. Their capsules never claim more than 20IU/0.5µg. The one exception is their D3-fortified lemon-flavoured Arctic-D Cod Liver Oil. One teaspoon (5ml) is said to contain 400IU/10µg but, to date, we have not yet been able to find a source in the UK.

But there is another problem with cod liver oil that effectively rules it out. For every one IU/0.025µg of vitamin D you get from the cod liver oil you also get a significant amount (10IU/3µg) of pre-formed retinol (a form of vitamin A). Pre-formed retinol antagonises (counteracts) the action of vitamin D3. (N.B. Vitamin D3 may be usefully taken in the presence of beta carotene (another form of vitamin A), which does not have this effect.

**Vitamin D3 from the sun**

In countries more than 37° from the equator (e.g. north of Athens in Greece or San Francisco in the US, south of Melbourne in Australia or Concepcion in Chile) the sun is usually too weak between October and April to trigger the body’s production of vitamin D3. And from May to September, when the light from the sun is sufficiently strong to trigger the body’s vitamin D3 production, it is often too cloudy, or too cold, to sunbathe. And even on the days when we might welcome a sunbathe, we often cannot take advantage. We are supposed to be indoors, behind glass, probably working in some way.

If you want sufficiently strong sunlight to be one of your sources of vitamin D3 (highly recommended), see ‘Direct exposure to sunlight’ below.

**Vitamin D3 from sunbeds and sunlamps**

The UVB light in the rays emitted by sunbeds and sunlamps can trigger the body’s production of vitamin D3, but most people do not have the self-discipline to limit themselves to the recommended daily safe exposures. As with sunbathing, there is always that ‘just a few minutes more to top up my tan’ temptation resulting in overexposure and an increased risk of developing cancer. A growing body of evidence suggests that (a) most cannot resist that temptation and (b) that many sunbeds/sunlamps produce very high levels of UVB - only a very few minutes of exposure are required.

On the other hand, it is now possible to buy ‘Vitamin D sun lamps and sunbeds that reduce the risk of sunburn and developing cancer by emitting only the wavelengths of light UVB) needed to trigger the body’s vitamin D3 production.

For more information and to buy online visit webpage http://www.greenhealthwatch.com/goodsifeworks/goodshealing/hvird3.htm.../continued on next page
Direct exposure to sunlight

‘Direct exposure to sunlight’ means:

➤ going outside, not sitting by a window. Glass filters out the UVB light the body needs in order to produce D3

➤ baring as much of your arms and legs to the sun as you dare (and not wearing tights)

➤ not using sun lotions or any cream, moisturisers, etc. Lotions and creams on the skin filter out the ultraviolet B (UVB) that triggers the body’s vitamin D3 production

➤ not wearing sunglasses unless absolutely essential. Again, glass filters out UVB

➤ walking and cycling rather than driving (ditto)

And to ensure that the vitamin D3 your body has produced gets through your skin and inside your body, do not wash the sunned parts for two days, (the time it can take for it to penetrate to the bottom layers of your skin).

Contra-indications

There are several instances where taking high levels of vitamin D3 may be inadvisable, e.g.:

➤ anyone with kidney stones, hypercalcaemia (a disturbance of the body’s calcium equilibrium leading to excessive blood calcium levels and the calcification of soft tissue, like artery walls), or hyperparathyroidism

➤ anyone taking dyazide-based diuretics

➤ anyone with sarcoidosis, any granulomatous malignancy such as lymphoma, oat-cell lung cancer, or when cancer has spread to the bone

There are other instances where a daily intake of, say, above 600IU/15µg of vitamin D3 may be inadvisable, so Green Health Watch strongly advises people who think they might be sensitive to vitamin D3 and is tempted to take a daily dose above that to first consult their doctor. S/he can also prescribe a blood test to check for vitamin D3 deficiency.

The most reliable test for vitamin D3 deficiency

The Vitamin D Council (www.vitamindcouncil.org) recommends that people wishing to test their blood levels of D3 request a 25-hydroxy-vitamin D blood test. It warns that many doctors will automatically order a test for activated vitamin D (1,25-di-hydroxy-vitamin D or calcitriol) levels, but that calcitriol levels should never be used to determine adequate D3 levels because calcitriol is often elevated in cases of vitamin D deficiency.

However, the limitations of the current technology make even the 25-hydroxy-vitamin D blood test unreliable. (Different laboratories report different results from the same specimen of blood. The same laboratory will often report significantly different levels from the same specimen of blood at

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different times.) In general, low numbers are more reliable than high numbers because interfering substances can easily give falsely elevated results.

One of the more reliable testing facilities in the UK is the Endocrine Laboratory in the Clinical Chemistry Department of Charing Cross Hospital (Fulham Palace Road, London, W6 8RF ☏ 0208 383 3645), but this service may only be accessed via your GP.

The laboratory considers blood serum 25-hydroxy-vitamin D levels below 25 nanomoles per litre (µmol/L) to be D3 deficient, levels between 25 and 50µmol/L to be insufficient, and levels between 50 and 75µmol/L to be sufficient. Levels above 75µmol/L are rare unless the patient is taking D3 supplements.

To learn more about vitamin D3:

- visit webpage
  http://www.greenhealthwatch.com/newsstories/list-vitamin-d.htm
  and browse through the 39 short easy-to-read articles on our website.
  You can also reach this page by going to our website
  www.greenhealthwatch.com
  Click the large brown words ‘vitamin D’ on the right hand side, then
  click the words ‘read about vitamin D3’

- buy the ‘Green Health Watch Magazine Vitamin D Subject Information Print’, that comprises 75 short articles (34 A4 pages) about vitamin D: an overview; vitamin D3 as a cost effective health solution; Government advice; safety; supplements; more science; chemical pollution; children’s health; autism; shaken baby syndrome; diet; breast cancer; heart disease; cancer; bones; muscle pain; multiple sclerosis; Parkinson’s disease; kidney stones; lifestyle and vitamin D3; vaccination.

On paper £8.00 + £2 delivered to a UK address
As a PDF £7.00 emailed anywhere in the world
You may print out and use the Subject Information Print Order Form on page 12 to do this.

N.B. Green Health Watch Magazine subject information prints are not intended to be a comprehensive or definitive statement on an issue, but simply a collation of the most interesting news and research on a subject that we have noted while preparing editions of Green Health Watch Magazine from 1995 to the present day.
Ultra-pure Grade Vitamin D3 (Nature’s Sunshine)  
One pot (60 x 2,000IU/25µg caps.) - £11.45 posted to UK  
(9.5 pence per 1,000IU/25µg)

We offer two grades of vitamin D3: standard grade, made by Vitamin Research Products, and ultra-pure grade (see opposite) made by Nature’s Sunshine.

**Suitable for vegetarians**  
Both grades are made by extracting cholesterol from lanolin from sheep’s wool - The sheep are not hurt in any way during the shearing process.  
In both grades the capsule casings have been made with ingredients suitable for vegetarians.

The people at the US company Nature’s Sunshine hold that most of the food we buy in shops these days - even farm shops - contains fewer nutrients than it once did, is more likely to be contaminated than it once was, or both. Green Health Watch Magazine agrees.

Whilst accepting that the food grown on organic farms is more nutritious and less contaminated than chemically-grown food, Nature’s Sunshine also recognises that most organic farms are within polluting distance of industrial farms or other sources of airborne pollution (like waste incinerators).

Accordingly, its large team of trained herbal specialists:

- not only strives to make the most effective dietary supplements from the most potent raw ingredients possible, it also
- puts these raw ingredients (including any certified organic ingredients) through exhaustive tests to check that they are 100% pure (i.e. contaminant-free) - then also
- puts the finished dietary supplements through the same exhaustive tests for purity and potency, in case these have been compromised by some accident in their own state-of-the-art manufacturing facility

Nature’s Sunshine’s manufacturing facility in Spanish Fork in Utah (US) functions under conditions and guidelines that meet the most stringent global regulations. It has developed more than 600 tests that it uses as appropriate.
to ensure the quality of its 300+ products. Some of the most important tests are: acid insoluble testing, anaerobic testing, ash testing, bacteria testing, disintegration testing, dissolution testing, E. coli testing, environmental monitoring, finished product auditing, foreign organic/inorganic matter testing, gas chromatography/mass spectrometry (GC/MS) testing, heavy metals testing, high performance liquid chromatography (HPLC) testing, inductively coupled plasma spectrometer (ICP) testing, infrared spectroscopy (FTIR) testing, microbiological testing, microscopy moisture testing, mould and yeast testing, organoleptic ID testing.

Third party certification
Finally, for the same reasons you would never completely trust assurances from a pharmaceutical company that its drug was effective, or safe, Nature’s Sunshine submits all of its products to regular safety and purity testing by NSF, a leading global provider of public health and safety-based risk management solutions.
VITAMIN D3 - FURTHER PRODUCT INFORMATION (1)

Nature’s Sunshine Ultra-Pure Grade Vitamin D3

Ingredients
Vitamin D3 (cholecalciferol - 2,000IU/50µg per capsule)
Bulking agents: dicalcium phosphate, microcrystalline cellulose, stearic acid, Anti-caking agents: magnesium stearate, croscamomellose sodium

Suitable for vegetarians
Nature’s Sunshine Ultra-Pure Grade Vitamin D3 is made by extracting cholesterol from lanolin from sheep’s wool - the sheep are not injured during the shearing process.
The capsule casing is made with vegetarian ingredients.

Manufacturer’s recommended dosage
Take one tablet with a meal, once or twice a day

Quality testing
See page zzz

Vitamin Research Products Standard Grade Vitamin D3

Ingredients
Supplement
Vitamin D3 (cholecalciferol - 1,000IU/25µg per capsule)
L-leucine (an amino acid)???
Magnesium stearate (from palm oil)
Contains no added sugar, starch, salt, wheat, gluten, corn, dairy products, colouring or flavouring.

Suitable for vegetarians
Vitamin Research Products Vitamin D3 is made by extracting cholesterol from lanolin from sheep’s wool - the sheep are not injured during the shearing process.
The capsule casing is made with vegetarian ingredients: microcrystalline cellulose and hydroxypropylmethylcellulose

Manufacturer’s recommended dosage
zzzz
VITAMIN D3 - FURTHER PRODUCT INFORMATION (2)

Nature’s Sunshine Ultra-Pure Grade Vitamin D3

Vitamin Research Products Standard Grade Vitamin D3

Quality testing
The raw materials are brought in, quarantined and then tested for:
# actual material with Fourier Transform Near-Infra-Red (FTNIR) spectroscopy
# safety using Micro testing
A batch is made from the raw ingredients that pass. Samples are again tested with FTNIR and Micro testing.
The batches that pass are bottled.

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VITAMIN D3 ORDER FORM
(paym ent by £ ster ling cheque or bank tran sfer)

☐ I/we want to buy some Vitamin D3 and pay by cheque or bank transfer

Name(s): ____________________________
Address: ____________________________
Postcode: ____________________________
Email: ______________________________
Tel: _________________________________

PAYMENT BY £ STERLING CHEQUE
Please make out your cheque to ‘The Environment-Health Trust’ and send it with this order form to:
The Environment-Health Trust
Muir of Logie, Dunphail, Forres
Scotland IV36 2QG

PAYMENT BY £ STERLING BANK TRANSFER
(Please telephone or email us to say that you have done so.)
Our bank account details are:
Bank name: Santander
Sort code: 09-06-66
Account name: The Environment-Health Trust
Account number: 40942728
Swift and BIC code: ABBYGB2L
ibn: GB45ABBY09066640942728

PAYMENT BY £ STERLING DEBIT OR CREDIT CARD
Buy online at the webpage listed at the foot of this page, or telephone our office on 01309 611200

PAYMENT BY £ STERLING PAYPAL
Our PayPal ID is: nick@greenhealthwatch.com

☑ Cheque to ‘The Environment-Health Trust’ enclosed
☐ I/we will pay by bank transfer and email you the details (contact@greenhealthwatch.com)

One pot (250 x 1,000IU capsules) of standard grade vitamin D3 17.00
Two pots (500 x 1,000IU capsules) of standard grade vitamin D3 30.00
One pot (60 x 2,000IU capsules) of ultra-pure grade vitamin D3 11.45
Two pots (120 x 2,000IU capsules of ultra-pure grade vitamin D3 19.91
Other

GRAND TOTAL

Cheque to ‘The Environment-Health Trust’ enclosed
I/we will pay by bank transfer and email you the details (contact@greenhealthwatch.com)
Suitable for vegetarians and vegans. The capsule casings are made of 100% potato starch. Happy Tummy for Humans™ contains no fillers, binders or additives in order to eliminate any possibility of inhibiting its beneficial effects.
In more detail

Take Happy Tummy Capsules for Humans for a happy tummy and gut! As they say, a happy tummy needs a happy gut, and a happy tummy and gut need charcoal.

The naturally active hardwood charcoal in Happy Tummy™ Capsules for Humans is probably the world’s most effective digestive aid and daily detox product. It bonds to toxins and intestinal gases in the gut, thus neutralising them, helping to (e.g.):

- calm and condition the gut and settle tummy upsets
- remove gas and bloating, wind and wind pain
- reduce bowel irritation and the frequency of headaches
- reduce acidity in the body and acid reflux
- help with arthritis and reduce aches and pains
- freshen the breath and improve the complexion
- improve sleep

Case histories and reported benefits

Although Happy Tummy™ Capsules for Humans are neither a medicine nor a dietary supplement, under the new medicine and dietary supplement regulations we are not permitted to share any but the vaguest case histories or anecdotal stories from Happy Tummy™ users with you. Suffice it to say that one or other of the improvements in symptoms listed above was claimed by people suffering from a wide range of complaints - from upset tummies and colic to irritable bowel syndrome and ulcerated colitis and from diarrhoea and acid reflux to arthritis and Crohn’s disease.

Suffice it also to say that users have used non-scientific and non-quantative terms like "a God-send" and "miraculous".

Protecting us against our poisoned diet and environment

In our opinion Happy Tummy™ capsules are one of the most useful digestive aids and daily detox products on the market. As well as ‘mopping up the mess’ caused by the increasing levels of toxins in our environment (from e.g. ...

- the pesticide and fertiliser residues on the low-nutrition ‘industrial foods/ chemical foods’ now sold in most supermarkets and shops
- the food additives, food preservatives, food colourings and tast enhancers (excitotoxins) routinely added to nearly all processed food
- the residues from food irradiation
- the antibiotics and other medicines routinely pumped into farm animals

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air pollution, including traffic and waste incineration (including hospital incinerators and crematoria)

...they reduce the risk of developing 'the mess' in the first place, by bonding to and neutralising many of these toxins as they enter the gut via the mouth, from vaccines or directly through the skin.

Happy Tummy for Humans™ capsules for a daily detox

Charcoal is the best digestive aid for enhancing daily detoxification. Detoxification is a continuous biological process that prevents toxins (from infectious agents and our ever more polluted environment (e.g. in our food, air and water) from destroying health. Chronic exposure to toxins produces cellular damage, diverse diseases, allergic reactions, intolerances, compromised immune systems and premature ageing.

To make daily detoxification part of your life - sadly, so necessary these days - the developers of Happy Tummy™ capsules recommend taking three to four 250mg capsules with water last thing each night. Happy Tummy™ detoxifies the body in three ways:

- It purifies the six to eight litres of digestive fluids that are secreted daily, which in turn helps remove foreign substances from the blood
- It bonds with and neutralises the toxins and their metabolites. These are then excreted into the small intestine from the biliary (bile) tract, preventing their reabsorption into the body
- It bonds with and neutralises any drugs that diffuse back into the stomach and the intestines

Happy Tummy for Humans™ for candida and other intestinal yeasts

The naturally active hardwood charcoal in Happy Tummy™ capsules can help in the treatment of Candida albicans infections. It bonds with many of the toxins that Candida produces that would otherwise be absorbed by the blood and carried throughout the body. These toxins produce damaging changes in tissues and the function of body organs and the immune function. Toxins produced by Candida albicans can also trigger allergic reactions.

The naturally active hardwood charcoal in Happy Tummy for Humans™ capsules also helps in the treatment of Candida by counteracting the 'Herxheimer Reaction' - a severe, short-term exacerbation of Candida symptoms caused by the copious amount of toxins produced by dying yeast cells as a result of a successful treatment. This is extremely important because the 'Herxheimer Reaction' can often be so unpleasant that patients abandon treatment before completion. Anything which helps patients stay the course is invaluable.

For more information and to buy online visit webpage http://www.greenhealthwatch.com/goodsforworks/goodshealing/hffhappytummyone.htm
The naturally active hardwood charcoal in Happy Tummy for Humans™ capsules can also inhibit the growth of other intestinal yeasts.

**Vegetarian and vegan**

Happy Tummy for Humans™ capsules are suitable for vegetarians and vegans. The capsules contain 100% pure ‘naturally active hardwood charcoal’. There are no binders, fillers or additives. The capsules themselves are made of 100% potato starch.

**Dosage**

Three to four capsules taken with water at night. Taking your Happy Tummy™ capsules last thing at night is a good idea for two reasons:

- Happy Tummy™ capsules work best when given as clear a field as possible both in terms of incoming food and digestive activity.
- the naturally active hardwood charcoal in Happy Tummy™ capsules is such a powerful bonding agent that it can bond with and neutralise the beneficial active agents in medications. It is best taken as long after (and at least two hours after or before) taking any medication or drug.

**Charcoal protects against ageing and promotes longer life - at least for older rats**

Respected Russian gerontologist Dr. V.V. Frolkis and his colleagues discovered that ‘activated charcoal’ (see below) protected against ageing and promoted longer life in laboratory rats. Although the rat body and the way it behaves is not exactly the same as the human body, it is very close. There is a strong chance that something which does good or bad to a rat will do the same good or bad to a human (to a greater or lesser extent) but this must always be checked exhaustively, using both human cells and live human subjects, before unleashing the new drug/procedure on the general public.

Frolkis and colleagues found that adding ‘activated charcoal’ (see below) to the diets of the rats increased the mean lifespan of the older rats by approximately 50% and their maximum lifespan by approximately 34%. It also appeared to...

- decrease the age-related increase in the brain's sensitivity to drugs and toxins.
- keep cholesterol levels and lipid metabolism under proper control.
- improve the functioning of the liver, kidneys and adrenals, leading to better defense mechanisms against disease.

For more information and to buy online visit webpage: http://www.greenhealthwatch.com/goodslieworks/goodshealing/hffhappytummyone.htm

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prevent many cellular changes associated with ageing (decreased protein synthesis, lower RNA activity, atherosclerosis and organ fibrosis)
... all of which added up to longer life and improved overall health.
The recommended human dosage for anti-ageing and life extension benefits is the same as for daily detoxification: three to four 250mg capsules with water last thing each night.

Here are two extracts from the study's write up:

"The effect of repeated courses of enterosorption (the binding and neutralising of substances from the gastro-intestinal tract) upon the mean and maximal lifespan and some functional and metabolic indices was determined in 28-month old Wistar rats. Significant increase of mean and maximal lifespan of old rats was noted at certain regimens of enterosorption. The experimental animals demonstrated less marked age-related structural and ultrastructural changes in the liver, kidneys, myocardium, intestines, pancreas, as compared with control animals. Enterosorption leads to a reduction of pentobarbital-induced sleep, decrease of content of cytochrome P-450, blood cholesterol and triglycerides, cardiac and cerebral tissue cholesterol, total lipids, liver cholesterol and triglycerides. Enterosorption was found to increase the RNA and protein biosynthesis in the liver, kidneys and adrenals of old animals."

"Thus, the data presented suggests that the enterosorption has a potent effect upon an aging organism. This notion can be supported by the enterosorption-induced changes in lifespan prolongation, structural and ultrastructural changes, shifts in protein, and RNA biosynthesis and in lipid metabolism, in the content of microsomal enzymes, and so forth. This work substantiates the need for a further search for regimens of enterosorption, and combination of it with other effects, aimed at lifespan prolongation. Currently, the question remains whether the described enterosorption effects are related with the sorption of the known or supposed metabolites, or with the changes in the content of some physiologically active substances and subsequent regulatory transformations, or with both. The main thing is the experiments with enterosorption persuade that altering the humoral environment of an organism may affect the rate of aging, the biological age of animals, and thus their lifespan."

Happy tummy for Humans™ capsules are a digestive and daily detox aid, not a medicine or dietary supplement
Just for the record, the naturally active hardwood charcoal in Happy tummy for Humans™ capsules has, of itself, no medicinal properties since it is completely inert, sterile and indigestible. It is not a medicine, but simply bonds with toxins to neutralise them, then travels with them out of the system.
Just as glasses help focus poor eyesight but have no medicinal properties

For more information and to buy online visit webpage http://www.greenhealthwatch.com/goodslieworks/goodshealing/hffhappytummyone.htm
themselves, and walking sticks help people walk but have no medicinal properties themselves, so the naturally active hardwood charcoal in Happy Tummy for Humans™ capsules helps you reduce symptoms or avoid illness but has no medicinal properties itself.

Charcoal is rated as a Category I (safe and effective) by the US Food and Drink Administration for treating acute toxic poisoning, and is used as such in both the US and UK. It has not been reported to be allergenic. The naturally active hardwood charcoal in Happy Tummy™ capsules is manufactured to AIB International GMP food safety standards.

**Activated charcoal**

Naturally active charcoal and ‘activated charcoal’ are not the same. ‘Activated charcoal’ is a highly adsorbent gritty black microscopic dust produced by:

- carbonising organic matter in a kiln at extremely high temperatures (around 1,000 degrees centigrade) and under anaerobic conditions. Usually bone char, coconut shells, peat, coal, petroleum coke or sawdust is the cheap organic matter used
- removing impurities (and probably other things - some beneficial) from the dust with acid-washing
- oxygenating the dust with gases like steam or air, again at very high temperatures. This enhances charcoal’s natural internal network of very fine crevasses, cracks, tunnels and pores, making ‘active charcoal’ an even more powerful bonding agent than ordinary charcoal

None of these processes are used when making the naturally active hardwood charcoal in Happy Tummy for Humans™ capsules. The developers of Happy Tummy for Humans™ capsules fear that the ‘nuking’ of organic material involved in producing ‘activated charcoal’ may have rendered it a material that the human body has not evolved to process.

While accepting that ‘activated charcoal’ plays a valuable role in relatively short-term, perhaps emergency, medical treatment (like quickly neutralising poisons and drug overdoses), Happy Tummy for Humans’ developers believe that ‘activated charcoal’ is not suitable for longer term use, because insufficient is known about the long-term use of ‘activated charcoal’ on the human body.

Whereas mammals, including humans, have evolved with and eaten naturally active charcoal as an aid to good digestion over many thousands of years, ‘activated charcoal’, is a modern invention with very different properties. Furthermore, when you buy ‘activated charcoal’ you need to check very carefully what you are buying:

- activated charcoal’ from coconut shells, for instance, has greater density, smaller pore diameter, higher hardness, lower ash level and higher activity level than ‘activated charcoal’ from animal bone

.../continued on next page
the lower the pore diameter, the higher the internal volumes (surface area), the higher its adsorption capacity. The United States Pharmacopoeia (USP) standard for 'activated charcoal' specifies a minimum internal surface area of 1,000 square meters per gram (m²/g).

There are 'activated charcoals' and, thanks to recent developments in the technology, 'super activated charcoals'. 'Super activated charcoals' can have up to three times the pore diameter/internal surface area per gram (so up to a threefold greater bonding and neutralising power) than standard 'activated charcoal'. If you find that you have purchased a 'super activated charcoal', make sure you use proportionately less!

Commercially available 'activated charcoal' products usually contain additives, some unwelcome. For instance, to form pellets of 'activated charcoal', binders like icing sugar, gum tragacanth and aspartame need to be added. These may inhibit the bonding and neutralising power of the charcoal.

A brief history of Happy Tummy for Humans™ capsules
The naturally active hardwood charcoal in Happy Tummy™ capsules was originally developed to treat intestinal problems in horses, then extended to farm animals and dogs (impressed by the results with horses, some of the animals' owners wondered whether it could help them too). Again, many positive results, with the only comment that the uncapsulated animal version was a bit difficult to take. Happy Tummy for Human™ capsules were born.

Why hardwood charcoal?
Happy Tummy for Human™ capsules use hardwood charcoal because, in its developer's opinion, hardwood charcoal is a more effective digestive and daily detoxification aid than charcoal made from other organic matter, e.g. softwood, bone or coconut shell. Happy Tummy™ capsules contain 100% pure 'naturally active charcoal' made from hardwood trees grown in sustainable woodlands. They contain no fillers, binders or additives whatsoever, to eliminate the slightest possibility of inhibiting its beneficial effects.

Naturally active charcoal - surface area
Naturally active charcoal is riddled with a network of crevasses, cracks - so much so that the combined surface area of one cubic centimetre of naturally active charcoal would 'unfold' into a microscopically thin sheet with a surface area of around 500–1,000 square metres! This tremendous surface area absorbs (coats and encapsulates) and thus neutralises a huge range of bad bacteria and toxins, making charcoal the undisputed champion of detoxifiers. Naturally active charcoal is particularly powerful at bonding with poisons and can remove them from the body.

For more information and to buy online visit webpage http://www.greenhealthwatch.com/goodsli...
IMPORTANT! Naturally active charcoal does not remove (chelate) vitamins and minerals from the body. In fact, field experience has shown that, because it neutralises and removes toxins and excess gases, naturally active charcoal improves the body’s uptake of nutrients from food, enabling mammals (including humans) having trouble getting the goodness out of their food to gain weight and improve condition. David Cooney, an eminent charcoal expert at the University of Wyoming (US) has shown that charcoal has a high bonding and neutralising capacity for phenols but less so for proteins.

A brief history of charcoal
Charcoal, a naturally active bonding and neutralising agent, has a long history of use as an antidote to poisons. Historical records of its use in these areas and others go back to as early as 1500 BC in Egypt. Both Hippocrates (~ 400 BC) and Pliny (AD 50) recorded the use of charcoal in a wide range of applications. The principal uses were to bond to and neutralise (i) unpleasant odours in general and (ii) gas and smells from within the human intestinal tract.

The use of charcoal for the treatment of gas pains was practised by indigenous tribes in the Americas long before Europeans set foot on that continent.

Homeopaths worldwide have used charcoal for more than 200 years. Both bone charcoal and wood charcoal were included in the first homoeopathic pharmacopoeia of the United States, with the note that these substances have “marked adsorptive power of gases.” During the last 100 years, however, and in the face of the phenomenal rise of the pharmaceutical industry, charcoal fell into general disuse. Its powerful and beneficial properties have only recently been rediscovered.

‘Activated’ charcoal (also known as ‘medicinal charcoal’ or ‘industrial charcoal’) charcoal is a new chemical compound to mammals and our civilization. It was created initially for industrial uses. Commercial production of powdered ‘activated charcoal’ began in Europe in the early 19th century, when it was widely used in the sugar industry. It is made from charcoal which has been subjected to the man-made processes of steam and/ or acid washing at extremely high temperature ing to produce a super bonding and neutralising form. The use of ‘activated charcoal’ in other applications spread rapidly when it was accidentally discovered in the early part of the 20th century that it was effective in de-colourising liquids. Further development work also yielded other super bonding and neutralising forms such as PAC (powered activated carbon) and GAC (granular activated carbon).
HAPPY TUMMY FOR HUMANS ORDER FORM
(payment by £ sterling cheque or bank transfer)

☐ I/we want to buy some Happy Tummy for Humans and pay by cheque or bank transfer

Name(s): 
Address: 
Postcode: 
Tel: 
Email: 

PAYMENT BY £ STERLING CHEQUE
Please make out your cheque to ‘The Environment-Health Trust’
and send it with this order form to:
The Environment-Health Trust
Muir of Logie, Dunphail, Forres
Scotland IV36 2QG

PAYMENT BY £ STERLING BANK TRANSFER
(Please telephone or email us to say that you have done so.)
Our bank account details are:
Bank name: Santander
Sort code: 09-06-66
Account name: The Environment-Health Trust
Account number: 40942728
Swift and BIC code: ABBYGB2L
iban: GB45ABBY09066640942728

PAYMENT BY £ STERLING DEBIT OR CREDIT CARD
Buy online at the webpage listed at the foot of this page, or telephone
our office on 01309 611200

PAYMENT BY £ STERLING PAYPAL
Our PayPal ID is: nick@greenhealthwatch.com

☐ One pot (100 capsules) of Happy Tummy for Humans 18.50
☐ Two pots (200 capsules) of Happy Tummy for Humans 32.00
☐ One tub (500 capsules) of Happy Tummy for Humans 48.00
☐ Other

GRAND TOTAL

☐ Cheque to ‘The Environment-Health Trust’ enclosed
☐ I/we will pay by bank transfer and email you the details
   (contact@greenhealthwatch.com)

The Environment-Health Trust, Muir of Logie, Dunphail, Forres, Scotland IV36 2QG 00 44 (0)1309 611 200 email: contact@greenhealthwatch.com website: www.greenhealthwatch.com
One pot (100 x 400g capsules) of Swanson Premium Gymnema Sylvestre leaf powder
- £7.25 (incl. £2.50 p&p)

For your convenience there is a printable Gymnema Sylvestre Order Form and explanation of payment options on page 63

Office opening hours: 10am - 7pm (19.00) UK time
Monday - Saturday

One pot (120 x 450mg tablets) of Source Naturals Gymnema Sylvestre leaf extract
- £15.50 (incl. £4 p&p)

One pot (120 x 550mg tablets) of Source Naturals Gymnema Sylvestre leaf extract
- £25.75 (incl. £4 p&p)

For more information and to buy online visit webpage http://www.greenhealthwatch.com/goods/lifeworks/healing/gymenmasylvestre.htm

The Environment-Health Trust, Muir of Logie, Dunphail, Forres, Scotland IV36 2QG 00 44 (0)1309 611 200 email: contact@greenhealthwatch.com website: www.greenhealthwatch.com
Fight diabetes with Gymnema sylvestre - the ‘sugar destroyer’!

Gymnema sylvestre helps people fight back from either type 1 or type 2 diabetes:

- by significantly reducing levels of sugar in the diet
- by lowering glucose levels in the blood \cite{1,3,4,5}
- by reducing patients’ need for hypoglycaemic drugs \cite{1,3}
  (and specifically in people with type 1 diabetes)
- by lowering red blood cell haemoglobin A1c (HbA1c) levels \cite{1}
- by lowering glucose levels in the urine \cite{2}
  (and specifically in people with type 2 diabetes)
- by improving the pancreas’s beta cell insulin-producing and glucose-regulating function \cite{3,6}

At least, that is what the little research done so far suggests. Much more research is needed to:

- confirm these findings
- find out whether findings so far only established for one type of diabetes also apply to the other. It is likely that they do, but it is important to check

**Gymnema sylvestre significantly reduces levels of sugar in the diet**

Gymnema sylvestre is a woody climbing plant that grows in the tropical forests of central and southern India. When chewed, its leaves emit substances that change the way the human taste buds sense the taste of foods and drinks that contain sugar, making them taste foul, and so discouraging their consumption. This explains Gymnema sylvestre’s original Hindi name - ‘gurmar’, which means ‘sugar slayer’. It has been used in India for the treatment of both type 1 and type 2 diabetes for over 2,000 years (some claim for over 6,000 years) and is recommended in India for the treatment of diabetes to this day. It is also used there to treat stomach ailments, constipation, water retention and liver disease.

For more information and to buy online visit webpage http://www.greenhealthwatch.com/goods lifeworks/healing/gymnamasylvestre.htm
Gymnema sylvestre also appears to help repair the body

The first step in treating diabetes is, obviously, the maximum possible reduction of sugar, particularly high fructose corn syrup, in the diet. The second step is the restoration of any body functions that have been damaged by long-term high-level exposure to sugar. According to the little research done so far, Gymnema sylvestre appears to help here too (see top).

WE SELL THREE GYMNEA SYLVESTRE PRODUCTS, OFFERING:

- two different forms- powdered leaf and leaf extract
- two different concentrations - 25% and 75%, and
- three different doses - 400mg, 450mg and 550mg

These are:

**Swanson Premium Gymnema Sylvestre Leaf Powder**
400mg 25% 100 capsules
This product delivers ground, dried, natural concentration (25%) Gymnema sylvestre leaf to your stomach. We have not yet found any research studying the effects of 'eating' ground, dried natural Gymnema sylvestre but, if Gymnema leaf extract has an effect so, logically, should the leaf. The effect of natural leaf may be weaker than the effect of extract if the digestive process has to work harder to effectively make its own extract. On the other hand, a more natural, gentle, patient approach is sometimes preferable.

**Source Naturals Gymnema Sylvestre Leaf Extract**
450mg 25% 120 tablets
This product delivers 450 milligrams (mg) of Gymnema Sylvestre 25% gymnemic acids concentration leaf extract in each tablet. Several studies used this form and concentration. Some gave the study participants 400mg/day, others 800mg, another 1,200mg.

**Source Naturals Gymnema Sylvestre Ultra-Potency Leaf Extract**
550mg 75% 120 tablets
This product delivers 550 milligrams (mg) of Gymnema Sylvestre 75% gymnemic acids concentration leaf extract in each tablet. As far as we can tell, this super-strength version of Source Naturals’ original version (above) has not been subjected to sizeable research studies.

To learn more about Source Naturals Gymnema Sylvestre Ultra-Potency Leaf Extract 550mg 75% cgo to page xxx

To view a Product Price Comparison Table go to page xxx

.../continued on next page
Which of our Gymnema sylvestre products is best?

That’s a tough question. The problem is that ...

- insufficient research into the properties of Gymnema sylvestre has been done and
- the studies that have been done have studied the effects of different forms (leaf powder or leaf extract) and different daily doses (400, 800 or 1,000 milligrams)

... so we cannot advise you scientifically on this. All we can do is explain the things you need to consider when making your choice ...

Choosing which product - some food for thought

The herb Gymnema sylvestre has been used for centuries in Ayurvedic medicine to combat diabetes and obesity. It would probably have been used in various ways, e.g. chewing the natural leaf; taking the ground leaf, alone or combined with other substances in a potion or food; taking a oil extracted from the leaf, again pure or combined with our substances.

Most of the Western medical research that demonstrated benefit from taking Gymnema sylvestre was conducted using a water-soluble extract from Gymnema sylvestre leaf, standardised to contain a 25% concentration of ‘gymnemic acids’. Different trials gave participants different daily doses: 400, 800 or 1,000 milligrams per day.

There are three principal forms of Gymnema sylvestre currently available on the market: ground leaf (said to contain 25% gymnemic acids), leaf extract (also said to contain 25% gymnemic acids); and concentrated leaf extract (said to contain 75% gymnemic acids).

For thousands of years doctors have tried to improve on Nature by extracting and concentrating the juices and oils from plants (by pressing, heating or boiling) in order to get better results. Sometimes extraction, with or without concentration, did indeed achieve better results. At other times:

- extracting the juices or oils from their natural ‘wholefood’ state reduced or removed their healing powers
- concentrating the extract reduced rather than increased its healing powers

Purer (refined) and more concentrated are not always more health-giving! And then there’s money (the root of all evil, some say). In recent times extracting and concentrating natural substances has often been more about patents and profits than health.

...continued on next page

For more information and to buy online visit webpage http://www.greenhealthwatch.com/goods lifeworks/healing/gymnemasylvestre.htm
FURTHER INFORMATION
To read the Green Health Watch Magazine article about Western medical research's exploration of the potential of Gymnema sylvestre for treating type 1 and type 2 diabetes visit webpage:
http://www.greenhealthwatch.com/newsstories/newsillnesses/gymnemasylvestrehistory.htm
To read the Green Health Watch Magazine article about Western medical research's exploration of the potential of Gymnema sylvestre for treating obesity go to webpage:
To read the Green Health Watch Magazine article on toxic metals as a possible cause of diabetes go to webpage:
To read the Green Health Watch Magazine article about the causes of obesity go to webpage:
http://www.greenhealthwatch.com/newsstories/newsillnesses/obesity-causes.html
To read the Green Health Watch Magazine article about insulin resistance, the stem

GYMNEMA SYLVESTRE (5)

Swanson Gymnema Sylvestre Leaf Powder
400mg 25% 100 capsules
This product delivers ground, dried, natural concentration (25%) Gymnema sylvestre leaf to your stomach. We have not yet found any research studying the effects of 'eating' ground, dried natural Gymnema sylvestre but, if Gymnema leaf extract has an effect so logically, should the leaf. The effect of natural leaf may be weaker than the effect of extract if the digestive process has to work harder to effectively make its own extract. On the other hand, a more natural, gentle, patient approach is sometimes preferable.

Other ingredients: Gelatin, magnesium stearate.

Suggested use: As a dietary supplement, take one capsule before your two largest meals of the day.

WARNING: Consult your healthcare provider before use if you are pregnant or breastfeeding, hypoglycemic, diabetic or taking prescription medications, especially medications that affect blood sugar levels.

Keep out of the reach of children.

Store in a cool, dry place.

.../continued on next page
Source Naturals Gymnema Sylvestre Leaf Extract
450mg 25% 120 tablets
This product delivers 450 milligrams (mg) of Gymnema Sylvestre 25% gymnemic acids concentration leaf extract in each tablet. Several studies used this form and concentration. Some gave the study participants 400mg/day, others 800mg, another 1,200mg.
Each tablet also contains calcium (39mg), and Dibasic calcium phosphate, stearic acid, microcrystalline cellulose and modified cellulose gum.
Suitable for vegetarians.
Suggested use: One tablet daily with a meal.
WARNING: If you are pregnant, may become pregnant, breastfeeding, diabetic or taking insulin or any other medication for glucose control, consult your health care professional before using this product.
Keep out of the reach of children.
Store in a cool, dry place.

Source Naturals Gymnema Sylvestre Ultra-Potency Leaf Extract
550mg 75% 120 tablets
This product delivers 550 milligrams (mg) of Gymnema Sylvestre 75% gymnemic acids concentration leaf extract in each tablet. As far as we can tell, this super-strength version of Source Naturals' original version (above) has not been subjected to sizeable research studies.
Other Ingredients: this product also contains 50 mg gymema leaf 5:1 extract, Dibasic calcium phosphate, stearic acid, silicified microcrystalline cellulose and modified cellulose gum.
Suggested use: one tablet daily with a meal.
Suitable for vegetarians: contains no yeast, dairy, egg, gluten, soy or wheat.
Contains no sugar, starch, salt, preservatives or artificial colour, flavour or fragrances.
WARNING: If you are pregnant, may become pregnant, breastfeeding, diabetic or taking insulin or any other medication for glucose control, consult your health care professional before using this product.
Keep out of the reach of children.
Store in a cool, dry place.

For more information and to buy online visit webpage  http://www.greenhealthwatch.com/goods/lifeworks/healing/gymnemasylvestre.htm
## Gymnema Sylvestre - Product Comparison

<table>
<thead>
<tr>
<th>Product</th>
<th>Amount per cap/tab</th>
<th>Form of Gymnema</th>
<th>Gymnemic concentration</th>
<th>No. caps/tabs per pot</th>
<th>Course length</th>
<th>Total milligrams per pot</th>
<th>Price of pot (excl. p&amp;p)</th>
<th>Price of pot per 1,000mg (excl. p&amp;p)</th>
</tr>
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<tbody>
<tr>
<td>Swanson Premium Gymnema Sylvestre</td>
<td>400mg</td>
<td>leaf powder</td>
<td>25%</td>
<td>100</td>
<td>50 days</td>
<td>40,000</td>
<td>£4.75</td>
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<tr>
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<td>leaf extract</td>
<td>25%</td>
<td>120</td>
<td>60 days</td>
<td>54,000</td>
<td>£11.50</td>
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<td>Source Naturals Gymnema Sylvestre Ultra-potency</td>
<td>550mg</td>
<td>leaf extract</td>
<td>75%</td>
<td>120</td>
<td>120 days</td>
<td>66,000</td>
<td>£21.75</td>
<td>32.9p</td>
</tr>
</tbody>
</table>

**PLEASE NOTE:**

i. Most of the research that has been done since 1920 gave participants a water-soluble leaf extract standardised to contain 25% gymnemic acids. Different trials gave participants different doses: 400, 800 or 1,000 milligrams a day.

ii. If you are pregnant, breastfeeding, hypoglycaemic, taking any medications or have any medical condition, consult your doctor before use.

iii. Discontinue use and consult your doctor if any adverse reactions occur.

iv. Not intended for use by persons under the age of 18. Combat diabetes with Gymnema sylvestre - the 'sugar destroyer'

**WARNING:** Consult your healthcare provider before use if you are pregnant or breastfeeding, hypoglycemic, diabetic or taking prescription medications, especially medications that affect blood sugar levels.

For more information and to buy online visit webpage [http://www.greenhealthwatch.com/goodsifeworks/healing/gymenmasylvestre.htm](http://www.greenhealthwatch.com/goodsifeworks/healing/gymenmasylvestre.htm)
GYMNEMA SYLVESTRE ORDER FORM

(Payment by £ Sterling cheque or bank transfer)

☐ I/we want to buy some Gymnema sylvestre and pay by cheque or bank transfer

Name(s):

Address:

Postcode:

Tel:

Email:

☐ One pot of Swanson Gymnema leaf powder
One pot of Source Naturals Gymnema 450mg
One pot of Source Naturals Gymnema 550mg
☐ Other:

PAYMENT BY £ STERLING CHEQUE

Please make out your cheque to ‘The Environment-Health Trust’ and send it with this order form to:
The Environment-Health Trust
Muir of Logie, Dunphail, Forres
Scotland IV36 2QG

PAYMENT BY £ STERLING BANK TRANSFER

(Please telephone or email us to say that you have done so.)

Our bank account details are:
Bank name: Santander
Sort code: 09-06-66
Account name: The Environment-Health Trust
Account number: 40942728
Swift and BIC code: ABBYGB2L
iban: GB45ABBY09066640942728

PAYMENT BY £ STERLING DEBIT OR CREDIT CARD

Buy online at the webpage listed at the foot of this page or telephone our office on 01309 611200

PAYMENT BY £ STERLING PAYPAL

Our PayPal ID: nick@greenhealthwatch.com

The Environment-Health Trust, Muir of Logie, Dunphail, Forres, Scotland IV36 2QG 00 44 (0)1309 611 200 email: contact@greenhealthwatch.com website: www.greenhealthwatch.com
Pacari Raw Organic 85% chocolate is dairy-, soy- and gluten-free and is Kosher. It contains organic cacao beans, organic cacao butter, organic unrefined cane sugar and sunflower lecithin. Despite Pacari’s best efforts, because its chocolate factory makes many different chocolates, it may contain traces of milk, nuts, peanuts and other allergens.

A single 50g bar sample - £5.00 delivered
Three 50g bars - £12.10 delivered
Ten 50g bars - £36.00 delivered

For your convenience there is a printable Pacari Raw Chocolate order form and explanation of payment options on page 64.
PACARI RAW ORGANIC 85% CHOCOLATE (2)

In more detail

There are many reasons to consider Pacari Raw Organic 85% chocolate one of the best chocolates in the world, as well as being good value for money, e.g.:

Raw chocolate
There's 'raw chocolate' and there's cooked chocolate. 'Raw chocolate' is chocolate none of the ingredients of which have been heated to above 42°C during the chocolate-making process. (42°C is generally considered the cooking temperature above which foods like vegetables, fruit, nuts and seeds begin to degrade and the vitamins, minerals, enzymes and antioxidants they contain begin to lose their healing powers.) The manufacture of cooked chocolate, however (99% of all chocolate made and sold) uses temperatures up to 212°C, significantly reducing its mineral, enzyme and antioxidant content.

Raw cacao
'Raw chocolate', of course, is made with raw rather than roasted or 'alkalinised' cacao. In alkalinisation (also called 'Dutch processing' or 'Dutching), various chemical compounds are added to the ground cacao at temperatures between 45°C and 130°C to darken its colour and reduce its bitterness. Organic, raw cacao is the richest source of antioxidant flavanols yet discovered, nearly four times richer than the second richest source, organic goji berries. One often-cited study found that different strengths of alkalinisation reduced levels of flavanols in cacao by between 61% and 89%.

Organic, raw cacao is also rich in the minerals calcium, copper, magnesium, manganese and potassium, which are heat-sensitive so will be diminished by alkalinisation.

On the other hand, alkalinisation is a fundamental part of virtually all cooked chocolate manufacture.

Organic, biodynamic chocolate
There's organic, biodynamic chocolate and there's 'chemical chocolate'. Cacao is one of the two most pesticide-sprayed crops in the world. The other is cotton). When you 'vote with your purse' for organic, biodynamic chocolate you are voting for chocolate that:

- is free of mass-produced, mineral oil-based, synthetic fertiliser and pesticide residues
- is not genetically-modified (coming soon) or containing genetically modified ingredients
- is free of recombinant bovine somatotropin (rBST) dairy products
- has the lowest possible environmental, water and carbon footprints
- has protected and enriched the soil during its growing

For more information and to buy online visit webpage  http://www.greenhealthwatch.com/goodslieworks/goodshealing/chocolateone.htm  .../continued on next page
PACARI RAW 85% ORGANIC CHOCOLATE (3)

► has won its farmers a fair price for the cacao powder they produce
► has obliged the chocolate maker to invest in, thereby increasing the sustainability of, the farms and communities that produced the cacao powder and, for many biodynamic and organic certification marks,
► is free from cruelty in the forms of worker exploitation, child labour and child slavery

When you don't 'vote with your purse' for organic and biodynamic you are voting for the opposite of the above, for 'business as usual' and for the 'profits before people' trading system that is slowly but surely trashing our health and that of the environment.

Pacari Raw Organic 85% chocolate is certified:
► organic by two organisations - BCS Öko-Garantie GmbH and the US Department of Agriculture, and
► biodynamic by Demeter USA

Chocolate of which at least 70% is cacao
There's chocolate and there's dairy-veggie-late.
Always check the label when you buy chocolate. You may be surprised how little chocolate it actually contains! 'Dairy/milk chocolate', for instance, can sometimes contain as much as 50% cacao, and sometimes as little as 10%, whilst 'white chocolate' can contain as little as 35%.

To give an idea how the large industrial chocolate makers think, in 2007 the U.S. Chocolate Manufacturers Association lobbied the US Food and Drug Administration (FDA) to downgrade the legal definitions of 'chocolate' and 'dairy/milk chocolate'. They wanted to reduce the legal minimum cacao contents and increase the legal maximum levels of hydrogenated vegetable oils (like margarine, saturated fat and trans fats), artificial sweeteners and milk substitutes. Thankfully, for once, the FDA stood firm. The legal minimum cacao content for 'dairy/milk chocolate' in the US was only 10% already!

UK and other European Union (EU) member state chocolate consumers fare significantly better. The European Commission has ruled that 'chocolate' (what most would call 'dark chocolate') must contain at least 35% cacao, and 'dairy/milk chocolate' must contain at least 25%.

‘Fair trade’ ethical chocolate
There's small farm, 'fair trade' chocolate and there's plantation, often slave-trade, chocolate.

Pacari is currently Demeter- rather than Fairtrade-registered, but has adopted all of Fairtrade’s principles, e.g.:
► better prices, decent working conditions and fair terms of trade for cacao farmers and workers
► supporting the development of thriving farming and worker communities

For more information and to buy online visit webpage   http://www.greenhealthwatch.com/goodsilworks/goodshealing/chocolatene.htm

The Environment-Health Trust, Muir of Logie, Dunphail, Forres, Scotland IV36 2QG  © 00 44 (0)1309 611 200  email: contact@greenhealthwatch.com  website: www.greenhealthwatch.com
that have more control over their futures and protecting the environment in which they live and work.

- promoting small-scale, democratically-run cacao operations rather than large industrial plantations
- paying a Fairtrade-style Developmental Premium into a local fund controlled by the farmers and workers which can be invested in social, environmental and economic projects to improve their businesses (e.g. better equipment and practices) and communities (e.g. investment in local schools, local transport, local health care, local sanitation and an improved local environment).

**Small-scale, locally-grown versus large-scale industrial**

There's chocolate made with cacao from small-scale, local farms, and there's chocolate made with cacao from large-scale, industrial plantations.

Locally-grown cacao: if the ingredients you use to make your chocolate are grown locally by a handful of small suppliers you have a high degree of control over their quality. In the case of cacao beans, for instance, this includes:

- that they are truly grown organically
- the cleanliness of the fermenting, drying, grinding and storage areas
- that the temperature of the beans is kept below 42°C throughout the production process
- that the working conditions and pay truly meet ‘fair trade’ standards

All of the ingredients of Pacari Raw Organic 85% chocolate are locally-grown.

Industrial plantation cacao: if the ingredients the chocolate maker uses have travelled hundreds or even thousands of miles to your chocolate factory - as is the case with many brands - and has come from dozens of suppliers, even from different continents, what control do you really have? Similarly, if you buy your cacao powder in vast quantities at auction, how can you possibly be sure what is in it?

**And did we mention Pacari Raw Organic 85% chocolate’s taste, texture and colour?**

Chocolate connoisseurs say they detect “a subtle wave of flavours which begins with a taste of citrus flowers and follows on with strong cacao and hints of jasmine and nuts”. Impressive, but we and our friends prefer the technical term “yummy”. Pacari Raw Organic 85% chocolate is a firm favourite of renowned UK chocolatier Paul A. Young. It snaps pleasingly crisply, and is the medium brown of natural cacao, not the almost black of many alkalinised, cooked 85% cacao bars.

Finally, bursting with flavanols, it is rich. One savoured cube per sitting satisfies most people!

For more information and to buy online visit webpage [http://www.greenhealthwatch.com/goodsliworks/goodshealing/chocolateone.htm](http://www.greenhealthwatch.com/goodsliworks/goodshealing/chocolateone.htm)
PACARI RAW ORGANIC 85% CHOCOLATE ORDER FORM
(payement by £ sterling cheque or bank transfer)

☐ I/we want to buy Pacari Raw 85% chocolate and pay by cheque or bank transfer

Name(s):
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Three 500gm bags of Flor de Sal - £34 (incl. £4 p&p)

For your convenience there is a printable
Marnoto Flor de Sal order form and explanation of
payment options on page 72.

Office opening hours: 10am - 7pm (19.00) UK time
Monday - Saturday

For more information and to buy online visit webpage http://www.greenhealthwatch.com/goodslifeworks/goodshealing/hnectsaltsmt.htm
Over the last six years, Green Health Watch subscribers have followed Nick Anderson’s quest to find the ‘best salt in the world’. He thought he had found it in Celtic Salt, the unrefined sea salt harvested from the salt flats just outside Guérande on France’s Atlantic coast, until a subscriber pointed out that the Loire estuary and the major industrial city of Nantes was nearby, and that the Le Bloyais nuclear reactor was only 150 miles down the coast in the Gironde. Requests to the French authorities for pollution analyses of the sea on that part of the coast were ignored (the Guérande salt flats are classed as a ‘national treasure’), so the quest moved on.

Nick’s next stop was a salt dome mine in the US, but the unrefined Redmond Salt fell at the first fence. Although it had not been exposed to industrial pollution thanks to having been buried underground for thousands, possibly millions of years, the Redmond mining process contaminated it immediately. The salt was mined using explosives and brought to the surface in open diesel trucks!

Very much still a ‘salt novice’ at this stage, Nick held the mistaken impression that unrefined sea salt and unrefined rock salt (which is in fact sea salt laid down in ‘salt domes’ thousands or millions of years ago) had essentially the same chemical composition. Accordingly, he continued to search simply for the cleanest unrefined salt, which he probably found with the ‘Himalayan Salt’ he offered to subscribers in 2005. Large chunks are mined and brought to the surface by human and animal power alone, then washed before stone-grinding.

It was then that another subscriber pointed out that the chemical compositions of unrefined sea salt and unrefined rock salt were, in fact, usually very different. The pressure put onto the salt in ‘salt domes’ from the rock and earth above them squeezes most of the beneficial minerals and trace elements out. This turned out to be the case with the Himalayan salt so Nick took up his quest once again. The ‘best salt in the world’ would have to be a panned salt harvested from the cleanest sea, in an area with the lowest levels of air pollution, and harvested in the least damaging way to ensure that as many of seawater’s 85 natural chemicals and trace elements were preserved.

However, Nick also felt that the distance the salt was transported had to be limited. After all, could one justify the pollution produced by flying or shipping salt from the other side of the world just because it was cleaner, when most of us breathe industrially polluted air and eat industrially polluted food every day? He set Western Europe as the maximum distance and eventually found a great source, the salt marshes in the Ria Formosa Lagoon Natural Park in the Portuguese Algarve. We have now teamed up with the Portuguese company Necton S.A. to bring Rio Formosa salt to the UK.

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For more information and to buy online visit webpage http://www.greenhealthwatch.com/goodsifeworks/goodshealing/hnectsalts.htm

For more information and to buy online visit webpage http://www.greenhealthwatch.com/goodsifeworks/goodshealing/hnectsalts.htm

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Both of the salts Necton harvests are totally natural - unrefined, unprocessed, and without additives. They are harvested in exactly the same simple way as practised by the Romans some 2,000 years ago. Seawater is concentrated first in small 'evaporation pans' then in small 'crystallisation pans', and then harvested by hand.

**Marnoto Flor de Sal (500gms in a re-sealable plastic bag)**

When seawater evaporates and concentrates in small pans, the substances in the seawater crystallise and deposit as different concentrations are reached. The first deposit occurs - calcium carbonate salts - when 70gm of salt per litre concentration (gm/L - double the concentration of natural seawater) is reached. The second deposit - sodium chloride (99% of most ordinary table salts and quite toxic when consumed ‘neat’) occurs when 170gm/L concentration is reached. The third and final deposit occurs when 280gm/L concentration is reached. This contains the magnesium salts and most of the trace elements. Necton’s basic product (Sal Marinho Tradicional - that we no longer sell) contains the produce of all three concentration levels.

In the large pans used by commercial sea salt producers, the second deposit - sodium chloride - occurs later, at 250gm/L, at which point the calcium carbonate salts and sodium chloride are harvested with bulldozers and the remaining seawater washed out of the pans. No attempt is made to collect the portion of sea salt essential to health. After all, time is money! This is why ‘industrial’ sea salt is mainly sodium chloride (NaCl), and not as clean as Necton’s hand-harvested sea salt.

Whereas Sal Marinho Tradicional contains the produce of all three concentrations, Necton’s Marnoto Flor de Sal is the wafer-thin final layer containing the highest concentration of magnesium salts and trace minerals that is produced when concentration reaches 280gm/L. In the olden days it was called Crema de Sal (being scooped off the deposited crystallised salt like the cream off milk) but now it is called Flor de Sal (Flower of Salt), as the most health-giving and sweetest tasting portion of this natural, unrefined, unprocessed, without additives, patiently hand-harvested salt.

**How commercial table salts are produced**

Table salts are made from rock salt, which is naturally around 98-99% sodium chloride and 1-2% other salts, minerals and trace elements. It is mined violently, often using explosives, boiling water and diesel trucks, and contains little of nutritious value.

It is the also the salt used and referred to in the many research studies linking high salt consumption to a variety of diseases.

After harvesting and pre-washing, rock salt is stored in 'salt mountains'. Later it is washed a second time, force dried, rid of any organic matter and milled.

For more information and to buy online visit webpage [http://www.greenhealthwatch.com/goodsifeworks/goodshealing/hnctsa.htm](http://www.greenhealthwatch.com/goodsifeworks/goodshealing/hnctsa.htm)
MARNOTO FLOR DE SAL ORDER FORM

(payment by £ sterling cheque or bank transfer)

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☐ Other quantity:  ___________________________________

GRAND TOTAL  ___________________________________

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☐ I/we will pay by bank transfer and email you the details
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our office on 01309 611200

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Our PayPal ID: nick@greenhealthwatch.com
One pair - £19.00 (incl. £4 post and packing)
Two pairs - £29.00 (incl. £4 post and packing)
Glasses supplied with a protective wallet

For your convenience there is a printable Pinhole Glasses Order Form and explanation of payment options on page 82.

The anatomy of the eye

Office opening hours: 10am - 7pm (19.00) UK time

For more information and to buy online visit webpage http://www.greenhealthwatch.com/goods/life/works/healing/hjdpinholeg.htm
Pinhole glasses - like sunglasses with a ‘honeycomb’ grid of tiny holes - are a cheap and easy way to help improve poor vision. Many ophthalmologists consider them helpful for people with mild-to-medium short-sightedness (myopia),* long-sightedness (hyperopia),* presbyopia,* astigmatism,* eyestrain or tired eyes, and people whose prescription glasses cause eye strain and aching and/or headaches.

Pinhole glasses may be used while doing everyday tasks such as reading, working with a computer screen or watching television. All the time you are wearing them you are improving your eyesight naturally. However, because they reduce your peripheral vision, pinhole glasses should not be worn when driving, operating machinery or carrying out any activity requiring sideways vision.

Wearing pinhole glasses helps your eyes re-learn to focus unaided by conventional corrective glasses. Many people are able to give up using conventional glasses altogether when they exercise regularly for only fifteen minutes a day. Many experts believe that pinhole glasses are much more effective than eye exercise techniques, such as ‘The Bates Method’. However, if you use both methods, the benefits will be even greater, and achieved more quickly. Copies of ‘Better Sight without Glasses’ by Harry Benjamin, which explains ‘The Bates Method’, can be bought cheaply on Amazon.

Why pinhole glasses rather than conventional glasses?
Most poor eyesight is caused by too much stress on, or ageing of, the eye muscles, leading to tiring and an inability to focus sufficiently. Using conventional glasses only increases the problem. Rather than re-strengthen and re-train the eye muscles they simply compensate for the muscles’ inability to focus. The result is a downward spiral of weaker and weaker eye muscles leading to the need for stronger and stronger conventional glasses.

Stress, heart-rate and headaches
Pinhole glasses may also help reduce stress, heart-rate and headaches. Tests indicate that, when the eyes have to focus on a fixed point (e.g. a computer screen), for several minutes, the heart rate (one of the best indications of stress) can increase by around 5%. This is enough to cause tension in the shoulders and lead to headaches. Because the holes in pinhole glasses are smaller than the eye’s normal pupil size they relax the eye without losing the clarity of the image. The reduced stress in the eye is transmitted immediately to the heart and the rate of heart beat returns to normal within minutes.

How pinhole glasses work
The retina is the screen of cells at the back of the eye onto which your brain tries to project the sharpest images of what you are seeing. If it focusses the images short of the retina,* you can only focus well on near objects (short-sightedness).* If it focusses the images beyond the retina,* you can only focus well on distant objects.

.../continued on next page
The ‘blur circle’

The greater the error in focussing, the larger the amount of blur around the image - technically referred to as the ‘blur circle’. The greater the blur circle, the more out of focus the image your eyes transmits to the brain. Conventional opticians recommend the use of corrective lenses (conventional glasses) which bring the image back onto the retina. This encourages the eye muscles to become lazy, which is why, once wearing conventional glasses, most people have to increase the strength of their glasses at regular intervals.

The ‘honeycomb grid’ of holes on your pinhole glasses reduces the effective aperture of your eyes (the holes in your eyes through which light passes) from that defined by the iris* to that of the pinhole. This has the effect of reducing the blur circle. The reduced blur circle makes it easier for the brain to recognise what to do in order to focus the image. Eventually, with practice, your brain re-learns how to focus at that distance. With regular practice, your brain and eyes work more efficiently together and their ability to focus your eyes becomes more flexible.

How to use pinhole glasses

Long-sighted people

Long-sighted people can see more ‘distant’ objects well, but have trouble focussing on near objects. You may improve your short/near sight by using pinhole glasses for close work, such as reading or computing.

Short-sighted people

Short-sighted people can see near objects well but have difficulty focussing on more distant objects. You may improve your long/’distant’ vision by using pinhole glasses when you need to focus on ‘distant, objects, like watching TV or working or walking outside.

Computer operators

Because pinhole glasses make focussing easier, normal-sighted people may use them to reduce VDU-caused eyestrain. Pinhole glasses have been found to considerably reduce headaches and stress in people who do a lot of close work or spend prolonged periods in front of computer screens.

Exercising with pinhole glasses

Wear pinhole glasses for five minutes a day for the first few days, continuing to wear your normal glasses or contact lenses the rest of the time. Then build up to 15-20 minutes daily. As your eyes and brain get used to pinhole glasses you will find that the honeycomb grid seems to disappear and any initial.../continued on next page
multiple images diminish. At first you may experience aching of the eye muscles or headaches. Do not worry, this is quite common. Reduce the time you wear your pinhole glasses for a few days then build up your eye fitness programme more gradually. Eventually you can increase the time you spend wearing pinhole glasses to up to an hour or more, as comfort allows.

**Physical eye exercises**

Physical eye exercises (e.g. as described below and in 'The Bates Method') work alongside your pinhole glasses exercises and help maximise the benefits the pinhole glasses offer. Try to do about five minutes of physical eye exercises each day. Eventually you should increase this to five minutes twice a day. Do not wear either conventional or pinhole glasses while doing physical eye exercises.

**Physical exercise one**

Cup your hands and place them over your closed eyes (called ‘palming’). Total darkness relaxes the eyes and is therapeutic. Palming can be done at any time of the day to relax and revive tired eyes.

Keeping your head still and your eyes closed, look as far down as you can, then return your eyes to the centre. Now look as far to the right as you can, then return to the centre. Then look as high up as you can then return to centre. Finally, look as far to the left as you can, then return to centre. Repeat ten times. This is a good all-round exercise for your eye muscles.

**Physical exercise two - Tromboning**

Focus on a pen or pencil held at arm’s length. Slowly (take at least five seconds) bring it towards you until it touches your nose, focussing on it all the time. Then move the pen or pencil back to arm’s length, again focussing on it all the time. Move the pen or pencil in and out ten times.

**Physical exercise three - The Cross**

This exercise is similar to Exercise One. With your eyes open this time. Hold the pen in front of you and focus on it. Then slowly move it as far down as you can see it. Return the pen to the centre but without focussing on it as you do so. Move the pen to the furthest possible right, focussing on it as you do, then return to centre not focussing, then as high as you can go, etc.

**Physical exercise four - Peripheral vision**

This exercise helps improve your peripheral vision. Hold the pen in front of you at arm’s length. Keeping your head still and focussing your eyes straight ahead throughout, move the pen as in exercise 3. Notice how far up/left/right/down you can see the pen. It helps if you focus on something in front of you during this exercise. Repeat it ten times.

**Frequently asked questions**

Q. If I wear conventional prescription glasses after wearing pinholes, will I

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undo the benefits?

A. No. Pinhole glasses are not an alternative to conventional prescription glasses, they are exercise glasses. Eye exercise, like any form of exercise, does not need to be carried on all day long for you to get the benefits.

Q. Can I stop wearing my pinholes when my eye sight has improved?

A. Yes, but as for any exercise, the benefits wear off if you stop. However, once your eyes are fit, less frequent exercise will still maintain them.

Q. Will I have to change my prescription as my eyesight improves?

A. Not necessarily. Pinhole glasses help your eyes become more flexible. If, after several months of use, your eyesight has improved, visit your optician and see how you are doing.

Q. Can wearing pinhole glasses damage my eyes?

A. No. Pinhole glasses simply allow your brain to more easily decide how to focus. The worst you can do is to make your eyes tired by giving them too much exercise. Reduce the amount of time you spend each day exercising your eyes.

Q. I am short-sighted and my pinholes seem to make no difference.

A. Very often, short-sighted people have grown used to wearing conventional glasses because their condition has existed from an early age. If you are short-sighted, when you try out pinholes you may be comparing their effect with your sight when wearing conventional glasses. Instead, you need to compare wearing pinholes against wearing no glasses at all - now do you see the effect?

The history of pinhole glasses

Pinhole glasses originated in Germany in the 1890s and became fashionable for a while with the well-to-do. During World War One their usage died out. Curiously, they remained popular in Australia and South Africa and in recent years became very popular in the USA.

In Britain, ophthalmologists and opticians are divided over the value of pinhole glasses. The improvement in the eye to focus while using pinhole glasses has long been understood (pinhole cameras were the first cameras and the pinhole principle is the basis of certain eye tests).

PLEASE NOTE

1. How to adjust the fit of your pinhole glasses - You can adjust the bridge or the arms of your pinhole glasses for a perfect fit. Simply warm the part you want to adjust in hot water and bend to fit.

For more information and to buy online visit webpage http://www.greenhealthwatch.com/goods lifeworks/healing/hjdpinholeg.htm
2. Important. Pinhole glasses should not be used to replace the services of an eye health specialist. There are many causes of poor vision other than weak eye muscles. If you are concerned about the health of your eyes please consult your eye specialist without delay.

Definitions

- **Astigmatism**: where the natural shape of the eye or its lens is altered, resulting in distorted images.
- **Iris**: the flat, coloured, ring-shaped membrane behind the cornea of the eye, with an adjustable circular opening (pupil) in the centre.
- **Cornea**: the clear outermost layer of the eye covering the pupil, iris and front chamber of the eye.
- **Long-sightedness**: where the brain is unable to focus the light entering the eye on the retina, focussing it behind the retina instead. Also called hyperopia. Hyperopia can be caused by a shorter-than-normal eyeball, an insufficiently curved cornea is not curved enough, or a lens that is unable to become round enough.

- **Short-sightedness**: where the brain is unable to focus the light entering the eye on the retina, focussing it in front of the retina instead. Also called myopia. Myopia can be caused by a longer-than-normal eyeball or by any condition that prevents light rays from focusing on the retina. The severity of myopia is measured in negative diopters. Pinhole glasses may help with myopia judged between zero and minus 6 diopters.
- **Presbyopia**: long-sightedness caused by loss of elasticity in the lens of the eye, occurring typically in middle and old age.
- **Pupil**: the dark circular opening in the centre of the iris of the eye which varies in size to regulate the amount of light reaching the retina.
- **Retina**: the layer at the back of the eyeball containing cells that are sensitive to light and that trigger nerve impulses that pass via the optic nerve to the brain, where a visual image is formed.

For more information and to buy online visit webpage [http://www.greenhealthwatch.com/goodslifeworks/healing/hjdpinholeg.htm](http://www.greenhealthwatch.com/goodslifeworks/healing/hjdpinholeg.htm)
A personal assessment of pinhole glasses
by Peter Mansfield

Pinhole glasses are definitely a useful adjunct to Vision Education: they are equally definitely not a substitute for it. They are not an instant panacea, but used with intelligence and imagination will certainly aid in the quest for better vision.

Background
'Multiple pinhole' glasses have been in use for about thirty-five years. Slightly different versions have appeared on the market at various and sometimes excessive prices. The more expensive ones are generally better made and finished but there is no clear evidence as to whether the optical qualities are any different. Various claims have been made for their efficiency both as a visual aid, and as a means of improving unaided eyesight. Manufacturers often refer to The Bates Method in their promotional material and some have taken to supplying Dr. Bates' book together with their product.

The general consensus among Bates teachers is that these devices are useful but that the claims sometimes made for them as a complete solution to visual problems, or as a replacement for, or improvement on, the Bates Method, are exaggerated and misguided. The remainder of this article describes how they work and makes some suggestions for their use.

Optical principle
When an object is viewed through a very small aperture (e.g. a pinhole) a clear image will always be formed because only coherent rays of light are able to pass through, so that the 'blur circle' normally formed by an out of focus eye is reduced almost to the clear point that would be seen if it were in focus. This means that, provided there is no opacity of the eye or impairment of the retina, the object will appear clear regardless of any refractive error. The image through a single pinhole is very small and dim, but by using a regular array of similar sized holes it is possible to enlarge the field of vision and improve the overall brightness of the image while still retaining most of the clarity of at least the central area.

In practice the holes are, of course, rather larger than an ideal pinhole (which would actually be too small!) and the size of the holes used by most makes of pinhole glasses is a compromise between clarity of resolution and brightness of illumination. Similarly, in theory the lens material should be infinitesimally thin (and at the same time perfectly opaque); in practice most versions are rather thick so that the light travels through a 'tunnel' with rather unpredictable optical results.

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**Visual Effect**

The initial experience for many people is of a form of ‘insect vision’, with distinct but multiple images overlapping in rather a confusing way. Every movement gives rise to a pronounced flicker which many people find quite disturbing at first. Some complain of increased strain and headaches at first use. This indicates that some manufacturers’ claims that the eyes ‘automatically’ relax when using these things are a touch over-enthusiastic. Rather, as with so many other beneficial things, you have to find out how to relax in order to be able to use them, which some find easier than others. The flicker of movement must be just accepted - the Bates Method has a lot to say about the experience of visual movement - and after a while it becomes possible to find a way of centralising a particular object so as to eliminate the multiple images, at least from the central area. When this can be done the central object becomes noticeably clearer than its surroundings which is a useful demonstration of Dr. Bates’ principle of central fixation.

**Advantages for Vision**

According to Dr. Bates, wearing glasses adds to the strain which underlies poor vision: however, until one learns more relaxed ways of using the eyes simply taking glasses off can also make matters worse. Since when wearing pinhole specs the dioptrics of the eye are irrelevant, it follows that at the very least one can be freed from the need to conform to the pattern of strain for which the glasses were fitted, while enjoying vision sufficiently clear to largely eliminate the urge to strain to see better. This does not in itself promote improvement, but by reducing the ‘need’ to strain and the time spent wearing glasses, increases the chances of success by other means.

It is fundamental to the Bates approach that vision is a constant learning process based on the feedback of information between eyes and brain. The traditional Bates practices are designed both to increase the sense of contact with what is seen and the awareness of variations in vision. This line of thought is developed further by at least one manufacturing company who design their holes to limit rather than eliminate the ‘blur circle’. The idea is that, at worst, the vision is good enough to make it easy to maintain relaxed interest and to improve the basic flow of information, but that it is possible for improved function to bring about noticeable improvement so that there is also a flow of feedback about the behaviour of the eye (which would not be so with true pinholes): in this way the eyes are constantly encouraged and good behaviour is rewarded. This idea is certainly plausible and broadly in agreement with Dr. Bates’ principles. It can perhaps be developed yet further by the use of a modular kit incorporating different sizes of hole and grid spacing for different purposes: small holes to maximise the vision: larger ones to emphasise the learning curve, and a small to medium size for general purposes, perhaps.

The multiple array encourages two important aspects of normal visual...
behaviour, shifting and centralisation. In turn it is found that these can only be achieved if the use of the eyes is basically relaxed, so palming before use and attention to the principle of relaxation during use are recommended.

**Various Uses**

In general the use of pinhole glasses is twofold: as a developmental tool in vision improvement, and as a straightforward substitute for glasses in certain situations. They can be freely used as a substitute for glasses in any situation where they are found to give adequate vision, although not for driving or any other potentially hazardous activity. Generally they will be easier to use in good light than poor. If it is possible to use them for visually static tasks like TV and computer use they are much preferable to glasses since they encourage more mobility in the eyes, but not everyone finds this feasible.

In Bates or other vision improvement work it may be very good to try various practices, such as swings and chart exercises, alternately using the pinholes and unaided, rather than using the pinholes exclusively. It has been found, by myself and others, that relaxed ‘central fixation’ practice with a test card using rather large holes is followed by a definite improvement in the unaided acuity. As well as using the glasses in the conventional way, a sheet of the mesh, or similar material can be used as a multidirectional shifter, to hold in front of the eyes and move rapidly in all directions while looking through: this has a very powerfully stimulating effect on the saccades. This has been confirmed by a leading manufacturer of perforated plastics who has experience of staff operating machines which produce perforated plastic complaining of strain and dizziness from watching the material roll by, but also finding subsequently that their vision is improved!

One possible drawback of the multiple pinhole array is that it will often be impossible for the two central sight lines of a person’s eyes to be perfectly aligned on a single object through two corresponding holes. This makes it impossible to have normal binocular vision with normal convergence and probably accounts for many of the experiences of strain and headache reported by a few users. Many versions of the ‘glasses’, however, come with removable lenses and this can be very helpful. If one of the lenses is removed, the relatively clear vision from the ‘pinholed’ eye can be integrated with the unobstructed field of the other, avoiding the convergence problem and giving rather good vision overall. If this is done for short periods alternating the eyes it may also encourage better vision in the unassisted one. Work with alternate single eyes is used a great deal in the Bates Method, commonly using ‘patching glasses’ with a blacked-out ‘lens’. This can be enhanced by having one eye blacked out and the other ‘pinholed’.

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- **Account name:** The Environment-Health Trust
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our office on 01309 611200

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Our PayPal ID: nick@greenhealthwatch.com

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- [ ] One pair of pinhole glasses  
  - Total £p posted to UK: 19.00
- [ ] Two pairs of pinhole glasses  
  - Total £p posted to UK: 29.00
- [ ] Other quantity:  
  - Total £p posted to UK: 

**GRAND TOTAL**

- [ ] Cheque to ‘The Environment-Health Trust’ enclosed
- [ ] I/we will pay by bank transfer and email you the details  
  (contact@greenhealthwatch.com)
Office opening hours: 10am - 7pm (19.00) UK time

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Ingredients
- D-Limonene (a clear liquid from the peel of the orange)
- Fivefold concentrated orange peel oil
- C10-16 Pareth-1 (a biodegradable surfactant derived from coconut)

Ethics
CitraSolv has not been tested on animals, only humans!
CitraSolv is natural, biodegradable, and made from renewable resources.
The quality of CitraSolv has won it much acclaim, such as the Edison Award for Environmental Achievement.

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CitraSolv contains no toxic chemicals or petroleum distillates, but its concentration makes it combustible, an eye and skin irritant, and harmful if swallowed (see next page - bottom right).
In more detail

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CitraSolv is excellent for:

► cleaning ovens and grills and for removing cooking grease from kitchen work surfaces and walls
► removing heavy grease, oil and tar from machine parts, bicycle chains, engines, paint brushes, cars, boats, brick, concrete, stone, tiles, wood, linoleum, formica
► removing permanent marker, crayon, fresh paint, wax, lipstick, chewing gum, pet stains and adhesives
► cleaning carpets, rugs and upholstery
► removing stains from wasable garments
► cleaning kitchen and bathroom surfaces and patio furniture and just about every other household area!

Concentration
Most concentrated cleaners are 60-80% water. Super-concentrated CitraSolv is nearly 100% cleaner. One 8oz/236ml bottle of CitraSolv makes up to four gallons/eighteen litres of normal concentration cleaner.

‘Citrart’
CitraSolv has also earned such a positive reputation as an art and craft aid - particularly, it seems, with the centre pages of publications like National Geographic Magazine - that the craft even has its own name - Citrart. Practitioners create unpredictable and sometimes beautiful images that can be applied to paper, vellum, acetate, faux suede, metal, fabric and more!

Here’s how you do it ...

► “Cover you table with newspaper … this gets messy! Trying tear out the pages and spraying with CitraSolv for interesting effects! Or keep the magazine intact and Brush or spray all the pages in the magazine with CitraSolv”
“Squish closed and wait 10-15 minutes. Squish again…icky black ink will come out. Mop up with paper towels. Tear out the pages which will be weird and wonderful. No original image will remain, just cool shapes, colors and designs! You can use these papers for collage or paint back into them with acrylic paints and inks and gel pens”

You can remove more ink with a Q-tip coated with CitraSolv to create faces, clouds, waterfalls, etc.”

To whet your appetite visit Youtube where (for instance) Cathy Taylor gives a fifteen minute run-down on how to transfer images from National Geographic.
CITRASOLV BIO-DEGRADABLE MULTIPLE-PURPOSE CLEANER
USING THE CONCENTRATE

Ovens and grills, Cooking grease - Use full strength. Using a paper towel, sponge or brush, apply to the surface to be cleaned and allow to stand: a few minutes for cooking grease on stoves; at least fifteen minutes for grills and ovens. For ovens and grills, scrub surfaces with a plastic oven scourer to remove burnt-on crud. Repeat until all soil is removed. Rinse with water. For stoves, oven hoods and behind the stove, wipe clean with paper towel or sponge and rinse with water.

Heavy grease, Oils Tar, Machine Parts, Bicycle chains, Brick, Concrete, Stone, Permanent Marker, Crayon, Fresh Paint, Wax, Adhesives, Gum - Use full strength. Apply with a sponge, rag brush or spray bottle. Allow to stand for a few minutes. For brick, concrete and stone, scrub and rinse clean with water. For other cleaning, dab or wipe clean with a clean paper towel and rinse with water. (For metal parts you may prefer not to rinse. The natural orange oil will act as an anti-rust agent.)

Carpets, Rugs and Upholstery - using a carpet extraction machine, fill solution tank with warm water and full strength CitraSolv at 2oz. per gallon of water. Most extraction machines have capacities between three and ten gallons.

Cars and Boats - Use full strength to remove tar, bugs, tree sap, road paint, scum line and paint oxidation. Using a spray bottle, cloth or sponge, apply to area to be treated, wipe clean and rinse with water. Boat bilge cleaning is done by adding 8oz of full strength CitraSolv to water in the bilge and letting it stand for 20-30 minutes, then lightly scrubbing with a brush and rinsing with water. Avoid contact with Plexiglass™ or high impact polystyrene plastics - CitraSolv may cause damage.

Laundry Spotter - Use the general purpose dilution in a spray bottle. Spot test on an out-of-the-way area to test colour-fastness. Apply to spot on fabric to be treated and wait fifteen minutes before adding to wash.

Paint Removal - Use full strength to remove all types of paint from concrete, cars, brick, stone, glass, paint brushes, hands, tiles, etc. For paint brushes allow to soak for several minutes, then rinse with water.

Plastics - always spot test on an out-of-the-way area to test colour-fastness before using.

For more information and to buy online visit webpage  http://www.greenhealthwatch.com/goodsliworks/goods pollutionbusters/pblaun21ccit.htm
**CITRASOLV BIODEGRADABLE MULTIPLE-PURPOSE CLEANER**

**USING THE CONCENTRATE**

**Eyes** - Flush thoroughly with water for at least fifteen minutes.

**Skin** - Wash exposed area thoroughly with soap and water.

**Ingestion** - Do not induce vomiting. Give one or two glasses of water or milk to dilute the product and get immediate medical attention.

For more information and to buy online visit webpage  http://www.greenhealthwatch.com/goodslifeworks/goodspollutionbusters/pblaun21ccit.htm

.../continued on next page
CITRASOLV ORDER FORM
(payment by £ sterling cheque or bank transfer)

☐ I/we want to buy some CitraSolv and pay by cheque or bank transfer

Name(s):
Address:
Postcode:
Tel:
Email:

☐ One 8 fl. oz./236ml bottles 13.50
☐ Two 8 fl. oz./236ml bottle 23.00
☐ Three 8 fl. oz./236ml bottles 32.50
☐ Four 8 fl. oz./236ml bottle 44.00
☐ Other quantity: ________________________________

Total £p posted to UK

☐ Cheque to ‘The Environment-Health Trust’ enclosed
☐ I/we will pay by bank transfer and email you the details

PAYMENT BY £ STERLING CHEQUE
Please make out your cheque to ‘The Environment-Health Trust’ and send it with this order form to:
The Environment-Health Trust
Muir of Logie, Dunphail, Forres
Scotland IV36 2QG

PAYMENT BY £ STERLING BANK TRANSFER
(Please telephone or email us to say that you have done so.)
Our bank account details are:
Bank name: Santander
Sort code: 09-06-66
Account name: The Environment-Health Trust
Account number: 40942728
Swift and BIC code: ABBYGB2L
iban: GB45ABBY09066640942728

PAYMENT BY £ STERLING DEBIT OR CREDIT CARD
Buy online at the webpage listed at the foot of this page or telephone our office on 01309 611200

PAYMENT BY £ STERLING PAYPAL
Our PayPal ID: nick@greenhealthwatch.com

GRAND TOTAL ________________
life works  MAIL ORDER

CODE WASH NATURAL
MULTISTAIN REMOVER
posted to an address in the UK

One 160g tube of CodeWash - £13.00 (incl. £4 p&p)
Two 160g tubes of CodeWash - £20.00 (incl. £4 p&p)
Three 160g tubes of CodeWash - £27.00 + (incl. £4 p&p)
Four 160g tubes of CodeWash - £34.00 (incl. £4 p&p)

For your convenience there is a printable Code Wash order form and explanation of payment options on page 91.

Office opening hours: 10am - 7pm (19.00) UK time
Monday - Saturday

For more information and to buy online visit webpage
http://www.greenhealthwatch.com/goodslifeworks/goodspollutionbusters/pblaun21ccw.htm
In more detail

Code Wash is a powerful natural stain remover that contains no health-threatening or environmentally-damaging chemicals. It is suitable for removing stains from clothes, flooring, porcelain, woodwork and plastics.

Code Wash is particularly effective on:
- removing grime from shirt collars and cuffs
- removing stubborn stains
- removing diesel and engine oil

so is highly recommended for hotel, restaurant, home and factory use.

Directions for use on garments

When using Code Wash to remove stains from clothing:
- soak stain for 20 minutes
- apply Code Wash and work into the stain with a nail brush
- place in the washing machine

.../continued on next page
CODewash Natural Multi-stain Remover Order Form
(payment by £ sterling cheque or bank transfer)

☐ I/we want to buy some Code Wash and pay by cheque or bank transfer

Name(s): 
Address: 
Postcode: 
Tel: 
Email: 

PAYMENT BY £ STERLING CHEQUE
Please make out your cheque to ‘The Environment-Health Trust’ and send it with this order form to:
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Muir of Logie, Dunphail, Forres
Scotland IV36 2QG

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PAYMENT BY £ STERLING DEBIT OR CREDIT CARD
Buy online at the webpage listed at the foot of this page or telephone our office on 01309 611200

PAYMENT BY £ STERLING PAYPAL
Our PayPal ID: nick@greenhealthwatch.com

☐ Cheque to ‘The Environment-Health Trust’ enclosed
☐ I/we will pay by bank transfer and email you the details

☐ One 160g tube 13.00
☐ Two 160g tubes 22.00
☐ Three 160g tubes 27.50
☐ Four 160g tubes 36.00
☐ Other quantity: ____________________________

GRAND TOTAL

The Environment-Health Trust, Muir of Logie, Dunphail, Forres, Scotland IV36 2QG  00 44 (0)1309 611 200  email: contact@greenhealthwatch.com  website: www.greenhealthwatch.com
For your convenience there is a printable Eton FR160 radio order form and explanation of payment options on page 94.

Office opening hours: 10am - 7pm (19.00) UK time
Monday - Saturday

For more information and to buy online visit webpage http://www.greenhealthwatch.com/goodsworks/goodshealing/haaavortex.htm
The Eton FR160 wind up, solar powered analogue AM/FM/Shortwave 1 and 2 radio comes equipped with a flashlight, a 3.5mm headphones mini-jack socket and a mobile phone-charging USB socket (cable not supplied). It incorporates the latest in Eton's self-sufficient technology and offers surprisingly good sound quality for such a small radio.

In more detail

- Recharging
  - Winding for about 90 seconds permits 35-40 minutes low-volume play.
  - Exposure of the solar cell to direct sunlight for 8-10 hours permits 3-5 hours of low-volume play.
- Other features
  - Ni-MH internal rechargeable battery
  - Robust 'splash-proof' matt black casing and controls
  - Two years parts and labour guarantee within Europe

One year parts and labour guarantee within the USA

Dimensions
- Width 133mm/5.25" Height 63.5mm/2.5" Depth 44.5mm/1.75"
- Weight
  - 241g/8.5oz

For more information and to buy online visit webpage [http://www.greenhealthwatch.com/goodslifeworks/goodspollutionbusters/pblaun21ccw.htm](http://www.greenhealthwatch.com/goodslifeworks/goodspollutionbusters/pblaun21ccw.htm)
**ETON FR160 WIND-UP AM/FM/SW RADIO FORM**

*PAYMENT BY £ STERLING CHEQUE*

Please make out your cheque to ‘The Environment-Health Trust’ and send it with this order form to:

The Environment-Health Trust  
Muir of Logie, Dunphail, Forres  
Scotland IV36 2QG

**PAYMENT BY £ STERLING BANK TRANSFER**

(Please telephone or email us to say that you have done so.)

Our bank account details are:

- **Bank name:** Santander  
- **Sort code:** 09-06-66  
- **Account name:** The Environment-Health Trust  
- **Account number:** 40942728  
- **Swift and BIC code:** ABBYGB2L  
- **Iban:** GB45ABBY09066640942728

**PAYMENT BY £ STERLING DEBIT OR CREDIT CARD**

Buy online at the webpage listed at the foot of this page or telephone our office on 01309 611200

**PAYMENT BY £ STERLING PAYPAL**

Our PayPal ID: nick@greenhealthwatch.com

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<table>
<thead>
<tr>
<th>I/we want to buy an Eton FR160 Wind-Up Radio and pay by cheque or bank transfer</th>
<th>PAYMENT BY £ STERLING CHEQUE</th>
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</thead>
<tbody>
<tr>
<td><strong>Name(s):</strong></td>
<td><strong>Please make out your cheque to ‘The Environment-Health Trust’</strong></td>
</tr>
<tr>
<td><strong>Address:</strong></td>
<td><strong>and send it with this order form to:</strong></td>
</tr>
</tbody>
</table>
| **Postcode:** | The Environment-Health Trust  
Muir of Logie, Dunphail, Forres  
Scotland IV36 2QG |
| **Tel:** | **PAYMENT BY £ STERLING BANK TRANSFER** |
| | *(Please telephone or email us to say that you have done so.)* |
| **Email:** | **Our bank account details are:** |
| | **Bank name:** Santander  
**Sort code:** 09-06-66  
**Account name:** The Environment-Health Trust  
**Account number:** 40942728  
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| | **PAYMENT BY £ STERLING PAYPAL** |
| | *(Our PayPal ID: nick@greenhealthwatch.com)* |

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<tr>
<td><strong>One radio</strong></td>
<td>36.00</td>
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<td><strong>Three 160g tubes</strong></td>
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<tr>
<td><strong>Four 160g tubes</strong></td>
<td>132.00</td>
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<tr>
<td><strong>Other quantity:</strong></td>
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<td><strong>Total £p posted to UK</strong></td>
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<th>I/we will pay by bank transfer and email you the details (<a href="mailto:contact@greenhealthwatch.com">contact@greenhealthwatch.com</a>)</th>
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**The Environment-Health Trust, Muir of Logie, Dunphail, Forres, Scotland IV36 2QG**  
**00 44 (0)1309 611 200**  
**email: contact@greenhealthwatch.com**  
**website: www.greenhealthwatch.com**