

Healing Hearts

Healing, Consciousness & Wellbeing News

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HEALING HEARTS

Edited by Suzanne King, *Reiki Energy for Life*

"All the flowers of all the tomorrows are in the seeds of today." This famous native american proverb encompasses everything we know is true about healthy aging. To embrace life to the fullest in our tomorrows, we need to plant the seeds for healthy aging today so that means developing healthy habits of a lifetime.

In this edition, Dr Hawrelak explains how the gut microbiome is crucial to health and healthy aging, while Dr Andrew Bradbeer discusses how sleep is one of the pillars of health. Lyn Gibson, Statewide Manager for BreastScreen Clinical Services also provides compelling reasons to participate in screening programs (and busts some myths along the way).

This edition is bursting with ideas to bring more sustenance and vitality to your life now in order to support your wellbeing into the future.

Editor's Letter

The secret of health for both mind and body is ... live the present moment wisely

Quote by Gautama Buddha

Like everyone, I want to be able to laugh, move with ease and not groan when I stand up, and live life to the fullest by being curious, full of purpose and by walking in, and appreciating, nature. According to the *Human Longevity Project* these aspects form part of healthy aging. In their 9-part documentary the *Human Longevity Film*, they delve deeply into the core attributes which work to prevent disease and promote longevity. It turns out that the ability to laugh, not stress at small things, being connected with nature and each other, and being filled with acceptance and gratitude, are all parts of the healthy aging puzzle. Of course there is also a myriad of environmental, physiological and psychological factors which also underpin wellness.

Through interviews with 96 world-renowned science experts and 25 octogenarians and nonagenarians from the healthiest populations on the planet (e.g. Ikara Greece, Okinawa Japan and Nicoya Costa Rica) the documentary covers the importance of eliminating toxins, diet, gut microbiome health and sleep. I know sleep is a prickly topic for many people and understand how frustrating it is to be lying in bed, wide awake in the wee-small hours of the morning. As it is clear that lack of sleep undermines our health, I sought out Sleep Specialist, Dr Andrew Bradbeer for advice. Dr Bradbeer explains that even chronic insomniacs can achieve a good night's rest through applying changes, overcoming loop thinking and seeking guidance through a sleep clinic.

I also knew that as 70% of the immune system is in the gut microbiome, that readers would find an interview with a gut health specialist enlightening. Dr Jason Hawrelak (a world educator in gastrointestinal health) provides a wealth of knowledge in his interview. How there is a connection, for example, between what we consume and the health of the microbiome, and the consequent impacts to our mitochondria, our ability to fight off toxins (or not), and our neurology and endocrinology. Dr Hawrelak emphasises the importance of supporting your gut microbiome for optimal health and that we are, in essence, "the microbes we eat." So if you are reading this and wondering why you are so fatigued or suffering from brain fog, then Dr Hawrelak urges you to "trust your gut" and get your microbiome tested.

Another often sidelined part of healthy aging is to participate (as opposed to ignoring) screening programs which are available to us, in order to detect cancer in its earliest stages. My interview with Lyn Gibson, State Manager for BreastScreen Clinical Services, reveals myths and powerful messages as to why its so important to participate in surveillance programs like breast-screening.

There is a plethora of information about healthy aging, but this edition provides a quick round-up of healthy aging topics. In addition, you can watch Episode 1 of the *Human Longevity Film* for free by clicking on the following link. Wishing all readers happiness and health.

<https://humanlongevityfilm.com/order-jun19/>

Best wishes,

Suzanne King
Reiki VII Practitioner
Reiki Energy for Life



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reikienergyforlife@outlook.com

Connecting with nature and each other, being filled with wonder, happiness, gratitude, curiosity and acceptance all work towards healthy aging.

Sachin Patel, Founder of the Living Proof Institute says: "The biggest thing for health is to be happy."

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Email

prosper@tasethical.com.au
welcome@ewadvice.com
peternelson@onepsych.com.au
reikienergyforlife@outlook.com
admin@healthyworks.com.au

anita@anitakillick.com.au

Support Your Gut Microbiome for Optimal Health



Dr Jason Hawrelak

Interview: Dr Jason Hawrelak - World Gastrointestinal Health Educator and Gut Microbiome Expert

About Dr Jason Hawrelak: Jason is a passionate researcher, educator, Western herbalist, and naturopathic physician with over 20 years' clinical experience. Since achieving his PhD, he is now recognised as a worldwide educator on microbiota modification and gastrointestinal health. His level of dedication to bringing health to the community by way of enhancing gut microbiome health is extraordinary. He has published extensively in textbooks, maintains a busy virtual clinical practice via his clinic in Hobart, is on the Medical Nutrition Council of the *American Society for Nutrition*, is a

Fellow of the *American College of Nutrition* and the *Naturopaths and Herbalists Association of Australia*, is Senior Lecturer in Complementary and Alternative Medicines at the *University of Tasmania's College of Health and Medicine*, and teaches natural approaches to Gastroenterology within the *University of Western States*, Portland, Oregon. Additionally, he is the Head of Education at *The Microbiome Restoration Centre* where he educates health professionals in the areas of gastrointestinal health and microbiome optimisation.

Jason what is it about the gut microbiome that appealed to you so many years ago and still fills you with passion to this day? During my early studies I essentially fell in love with the gut microbiome and I had a hard time understanding why we (Western society) were so intent upon killing it! The gut microbiome is our inner ecosystem and refers to the 100 trillion microbes (mainly bacteria) that reside inside our gastrointestinal tract. I could see that our Western diet and lifestyle, antibiotics, and other medications (such as reflux medication), as well as synthetic food chemicals, were all causing negative changes to the gut ecosystem and even extinctions. And when we make changes to our inner ecosystem, then our mood and metabolism change accordingly. So, I was compelled to understand disease treatment and prevention from the perspective of the microbiome and did my PhD examining the capacity of probiotics, prebiotics and herbal medicines to modify the gastrointestinal tract microbiota, in order to support health.

How do you know a patient has a microbiome dysfunction? There are the obvious gut symptoms, like constipation, diarrhoea, bloating, distension, and abdominal pain that are clear and obvious signs of gut dysfunction and likely dysbiosis. Dysbiosis mean an imbalance in the microbiome that causes harm or disease. But there are also less obvious signs of dysbiosis, such as fatigue, brain fog, frequent headaches, blood sugar dysregulation, and mood disturbances, like anxiety and depression. If someone is constantly fatigued for example, I would have a 'gut feeling about the gut' and assess the health of their microbiome. They might not have any 'gut symptoms' like bloating or discomfort, but that doesn't mean their microbiome is healthy. So to reiterate, there could be no gut symptoms at all, but there still could be an imbalanced microbiome causing harm that manifests elsewhere in the body.



Trust your gut! Being curious about your gut microbiome could identify causes of fatigue and other health conditions.

How can we support our microbiome in the first place? How we nurture our inner eco-system is super important. We've all heard the saying that "you are what you eat", which I think is true, but perhaps a more accurate saying is "you are the microbes you feed". What determines how well, or healthily, our microbiome functions is essentially, the composition and diversity of the ecosystem. What you eat and drink has the biggest impact on the make-up of the microbiome.

Interview with Dr Jason Hawrelak continued



'Eat the rainbow!' A plant-based diet full of polyphenols (pigments) will contribute to a healthy microbiome

How can we understand the impact of what we consume on the microbiome? Some food choices will nourish a range of health-enhancing, anti-inflammatory microbes. While other choices will feed inflammation and disease-causing microbes. This is vital to understand, as no matter how much exercise you do, it cannot make up for diet that feeds the wrong microbes.

What's the next step to help support a healthy microbiome? What research has been showing over the past 10-15 years is that there is virtually no chronic disease that doesn't have a microbiome connection. So, for anyone suffering from a chronic disease, be that depression, irritable bowel syndrome, chronic fatigue syndrome, Alzheimer's disease, heart disease, obesity or diabetes, I would start with a microbiome test.

How do you get tested? Find a health professional who has the expertise to appropriately assess and treat gut microbiome dysfunction. This is, however, easier said than done! Essentially, a patient needs to do their research and find a health professional who has done at least some post-graduate training in microbiome support and natural approaches to gut health and to find someone well-placed to navigate the various tests on offer and properly interpret their results.

I am however, trying to make this an easier process and am in the midst of putting together a 'Find a Practitioner' link on my website. As the Head of Education at *The Microbiome Restoration Center*, one of my core passions is to educate clinicians and health practitioners in these areas. We've setup post-graduate courses to do just this and we've just had our first graduates become 'Certified Healthy Gut Practitioners'.

So ultimately a patient will be able to easily locate microbiome-literate health practitioners who prioritise the health of the microbiome in their treatment decisions by using my website.



Find a health professional to do a microbiome test - refer contacts for details

But can't you just get a regular medical stool test? It's important to note that although a typical medical stool test can provide an understanding of inflammatory markers or the presence of bacterial pathogens or blood, they do not provide a picture of the health of the microbiome. Specialised stool testing is required to assess the composition and diversity of the gut microbiome, which can give practitioners insights into how other body systems are working, the level of inflammation coming from the gut, and other factors, like mitochondrial health.



Important! Test and learn how to optimise your microbiome to help avoid Western diseases like chronic fatigue and cognitive decline.

Mitochondria dysfunction is now being seen as a key driver of a range of Western diseases, like chronic fatigue, brain fog, cognitive decline, and neurological disorders like Parkinson's disease and Alzheimer's. So I would recommend that people obtain a specialised stool test specifically to test the microbiome and to get the most out of this they need a practitioner literate in such tests, their interpretation, and a deep knowledge of the tools that can be used to optimise the microbiome – such as a Certified Healthy Gut Practitioner (or as noted above, at a health professional with post-graduate training in gut and microbiome health). If patients have any queries they are welcome to contact *The Microbiome Restoration Center* for advice.

Interview with Dr Jason Hawrelak continued



What can you eat to nurture a healthy microbiome? I tell people to aim for 40+ different whole plant foods per week! This may sound hard, but when you consider a Granny Smith, a Red Delicious and a Golden Delicious apple can be counted as three different food types and black, white and red quinoa are another three types of foods, then it's easier to attain this goal. A microbiome-optimisation diet should contain mostly plants, wholefoods and be rich in fibre, contain lots of colour (eat the rainbow) and avoid processed foods. The core of the diet would be based on whole grains, legumes, fruits, vegetables, nuts and seeds if you're wanting to optimally nurture your microbiome.

You are aiming for diversity and plant foods full of polyphenols – think a rainbow of foods, like blueberries, raspberries, purple dragonfruits, black rice, eggplant, and purple sweet potatoes. Also spend time in nature, time in an organic garden, sleep well (get at least 7 hours sleep each night) and exercise moderately. These are also important contributors to microbiome health. And maybe once in a while try fasting for a day or so to allow your body to 'reset'. This lifestyle equates to optimising and maintaining a healthy microbiome, which then leads to a healthy aging process.

Centenarians who live in what are called 'blue zones' (areas across the world where people live the longest and are the healthiest) have healthy microbiomes that resemble the microbiome of a far younger person. Whereas in Western nations, as most people age, their ecosystem composition changes so that it contains substantially more pro-inflammatory bacteria and less health-promoting ones. I think what's really exciting though is: 1) just how easily we can alter the microbiome composition through the right dietary changes and supplements like prebiotics; and 2) how research is finding such profound healing consequences to the subsequent changes in microbiome composition and functioning.

What books would you recommend on the importance of maintaining a healthy gut microbiome? My recommendations would be:

- (1) *Good Gut: Taking Control of Your Weight, Your Mood, and Your Longterm Health* - by Justin Sonnenburg and Erica Sonnenburg PhD
- (2) *The Mind-Gut Connection: How the Hidden Conversation in our Bodies Impacts Our Mood, Our Choices, and Our Overall Health* - by Emeran Mayer PhD

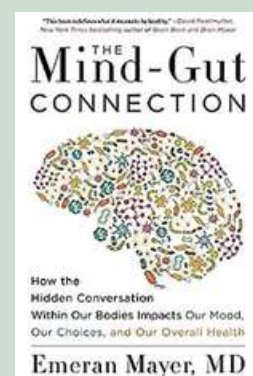


To contact Dr Jason Hawrelak and/or listen to a range of podcasts on gut and microbiome health, refer to:

Website: <https://microbiomerestorationcenter.com/>
Email: info@microbiomerestorationcenter.com

His clinical practice details are:

Website: <https://www.gouldsnaturalmedicine.com.au>
Email: info@gouldsnaturalmedicine.com.au



Sleeping to Improve your Quality of Life



Interview: Dr Andrew Bradbeer, Manse Medical Clinic

About Dr Andrew Bradbeer, Sleep Specialist: Dr Bradbeer is the CEO of Manse Medical and Respiratory, Sleep and General Medicine Specialist. He undertook his specialty training at St Vincent's Hospital and Monash Medical Centre in Melbourne before completing his training at The Royal Brompton Heart and Lung Hospital in London. He moved to Hamilton, Victoria in 2004, keen to establish his practice in a country town and give his three young children the opportunity to experience life in country Australia.

Dr Bradbeer predominantly practices sleep medicine, but his expertise and clinical interests include acute respiratory disorders such as asthma, lung cancer and chronic obstructive pulmonary disease (COPD). Along with his colleagues at Manse Medical, the practice he founded, he has established several sleep and lung-function testing laboratories in towns where access to these tests was difficult or non-existent. You can find Manse Medical Clinics across Australia, including Hamilton, Geelong, Ballarat and through Health Dynamics in Battery Point, Tasmania.

Dr Bradbeer, why did you seek to specialise in sleep medicine?: I was frustrated that people were having to travel to Melbourne for sleep studies and wanted to look after people closer to home in Hamilton. Also, people come to us with chronic sleep issues which were compromising their quality of life and they have a fatalistic approach saying "I'm just a bad sleeper and chronically tired" and "you probably can't help me but ..." So it's great to turn this thinking around, and actually help people. Not only that, you are helping the people they share a bed and their lives with. Sleep medicine improves their quality of life.

Most of my colleagues and clients report suffering from insomnia. Do you think there is an insomnia epidemic? We know about two-thirds of Australian adults will suffer from some issue that interrupts their sleep. A lot of people complain of sleep issues and have had bad sleep for more than three nights a week, for more than three months. It could be either difficulty getting to sleep or staying asleep and that difficulty is causing some degree of distress in their life. Not being able to sleep will negatively impact other areas of your life, like your social and working life. There's about 15% of adults who have chronic insomnia.

What do you think triggers insomnia? Most people will experience insomnia in their life which has been triggered by a situational event but most people then recover. We know the triggers that cause insomnia are not the same. For example, jetlag could be the start, or the loss of a loved one, so grief disturbs sleep but something else occurs which prevents a person's sleep from recovering. So that 'something else' is what we need to address. It's usually several things that are continuing to perpetuate poor sleep. We don't need to fix everything, we just need to find one or two things to fix to improve sleep.



Surfing the net before bedtime leads to poor quality sleep as blue light suppresses melatonin

Habits often perpetuate poor sleep, so that could mean eating late at night, surfing the net before you try to sleep and lying in bed worrying about things. In that case, you start building a sub-conscious association between sleep and worry.

Interview: Dr Andrew Bradbeer, Manse Medical Clinic continued

Then there's physical problems like asthma and chronic pain. People think things like "I used to like sleeping on my side but now my hip hurts". In that case, just taking a simple analgesic before bed helps. Then there's restless leg syndrome for particularly post-menopausal women. Also post-menopausal women often develop sleep apnea as they wake up every time they go into Rapid Eye Movement (REM) sleep. REM sleep occurs about 90 minutes after going to sleep, and then in cycles throughout sleep. A post-menopausal woman might wake up every hour, every time she goes into a REM cycle. So as a sleep specialist, if you address that, the woman's sleep quality will improve dramatically.

What causes insomnia? What's happening in the brain? Why can't we simply roll over and fall back to sleep again? We become hyper-vigilant. It's a chemical problem. Sometimes neurotransmitters around the brain are contributing to the problem but for a lot of people, that's not just what's going on. They say "I can't get back to sleep because I'm wide awake", but there are other issues contributing to that like chronic pain, a medical issue or a side-effect of medication. People also need to eat well, like food which contains complex carbohydrates which will gradually release energy as opposed to sugary snacks around midnight.



White noise machines replicate sounds surf or rain

What are general techniques and strategies to overcome insomnia?: Identifying some of those other sleep disorders like sleep apnea helps. We need to consider what is perpetuating poor sleep. Ensuring the sleeping environment is right, is a good start; it should be not too hot or cold. The mattress should be comfortable and get ready for sleep so you are in a wind-down period; this could mean doing mindfulness meditation.

Then make sure you drink less coffee and cut back on alcohol. Taking melatonin can also be helpful. For people over 55 years of age you can get melatonin over the counter. It's worth trying with little side-effects. Also it's important to minimise blue light as that suppresses melatonin (which then makes it difficult to sleep).

Do you think strategies like playing white noise helps? I think white noise can be useful in some situations but it's probably most applicable to blocking out background noise. I generally recommended people have a quiet sleeping environment but when that's not possible, then yes, white noise can be helpful. People can become quite conditioned to the noise being on though. I think if people are going to introduce changes then it would be useful to collect some personal data and make a record, experimenting to identify if something makes a difference and they are sleeping better. This could mean wearing an Apple watch to see if sleep improves.

How can you overcome looping thoughts that keep you awake? People report feeling fully awake, feeling like they are "awake for the day now". So those thoughts need to be dealt with. It's not helpful to pretend you're not having looping thoughts. So if looping thoughts are interrupting your sleep, get up, go into another room, and write those thoughts down, then go back to bed again. It's important to recognise the physical act of going back to bed. It's a conscious effort, a recognition that you are getting back into bed and it's time to fall asleep again. Don't let your brain trick you. You have to get your brain out of bed, do something else, so that's retraining, that bed is for sleep only. That strategy can work well. Also though, speaking to a sleep specialist or counselor will assist and a sleep study might be helpful.



Interview: Dr Bradbeer, Manse Medical Clinic continued

Is there a way for shift workers to have good quality sleep? We see a lot of shift workers like police officers who have sleep problems, as their body clocks have been disrupted. Using light therapy and/or prescribing melatonin is good for that group. However often there are other problems like Post Traumatic Stress Disorder (PTSD), so the person will need to get help for that underlying problem.

How can Manse Medical help people overcome insomnia? In Hobart, we offer home sleep studies. The patient attends our clinic located inside Health Dynamics and we set them up with the monitoring equipment that is used to check their breathing and brainwaves. They then return home to sleep in the comfort of their own bed. We have seen hundreds of people for insomnia coming in across our several locations with about 85-90% of patients who experiencing significant improvement in their sleep. The balance of patients are often people who are struggling with PTSD and need further assistance.

How do you describe sleep to your patients?: That sleep is recognised as one of the pillars of health, so when it comes to living well, people want to exercise and have good nutrition and the same is true for sleep. If you want to flourish, then you want to do the best you can with sleep. So take opportunities to sleep better and learn how to sleep better. For more information contact Manse Medical Clinic (formerly known as the Hobart Sleep Clinic) located at Suite 1, Ground Floor, 2-8 Kirksway Place, Battery Point.

Telephone: 1300 626 730

Website: <https://www.mansemedical.com.au/sleep-and-respiratory-clinic-near-me/hobart/>

Email: admin@mansemedical.com.au



Healthy Habits of a Lifetime

So what new ways of living can you employ to support the body to heal naturally and age well? Here are eight healthy habits to add to your daily routine.

Dr Andrew Bradbeer of Manse Medical Clinics, stated in the previous article how sleep is of primary importance if you want to flourish. Dr Jason Hawrelak of the Microbiome Restoration Center, also agrees, advising that at least seven hours of sleep a night supports the gut microbiome and good health. So the first healthy habit of a lifetime, is developing good sleep habits, to enable rest and digest.

1. Sleep - rest - digest: Your gut microbiome needs you to get good sleep as its only when you are resting (when the parasympathetic nervous system is activated), that digestion can occur. If you have high cortisol levels (having activated your sympathetic nervous system), then your digestion is effectively shut-down. In addition to helping the body digest food, there is also a plethora of academic evidence that refers to the anti-cancer effects of having the right melatonin hormone levels in your body.

As melatonin is the hormone produced by the body in response to darkness, the *Human Longevity Film* emphasised the need to undertake good sleep hygiene measures to support healthy aging. This means eliminating unnatural light sources from the bedroom. As the body doesn't start to release melatonin for about two hours after you fall asleep, for many people who have been looking at an iPad for example before bedtime, they are receiving two hours less melatonin per night, which in turn has negative impacts on the body. A deficient production of melatonin could cause mood disorders and insomnia.

Healthy Habits of a Lifetime continued



Living in harmony with nature is a primary factor underpinning longevity

2. Living in harmony with nature: The elders, holistic practitioners and experts interviewed in the *Human Longevity Film* agree on one primary factor which underpins longevity - a fundamental truth known by the world's indigenous cultures, and that is to live in harmony with nature. Aboriginal and Torres Strait Islander, Maori and Hawaiian cultures for example, all explain health in broader terms than just physical and mental wellbeing; a connection to land (country) is key to health and happiness.

Nature provides medicinal plants and nourishment, deepens spiritual awareness, connects us to the past, present and future and immerses us in peace. Maori culture for example have a saying: "*Ko au te whenua, ko te whenua, ko au*" meaning "*I am the land and the land is me*"[1]. This simple phrase depicts how nature, culture and spiritual awareness are intertwined and fundamental to accounts of health and longevity.

One habit you could develop to promote a feeling of wellbeing and calm, reduce stress and cortisol levels, is to develop a deeper connection to nature. You could try hiking or shennryyoku (forest-bathing), which is a Japanese favourite past-time, which means to walk through a forest in a mindful way. Nature also provides space to be quiet and meditate. Adding mindfulness meditation into your daily routine will bring you closer to what's important, allowing yourself to fully embody the present moment. Or you could develop a relationship with the earth closer to home, in your own backyard, by creating your own organic vegetable garden, your own compost, planting and rotating a diverse crop which you know has been grown organically and not sprayed with pesticides.

3. Nourishment: As Dr Jason Hawrelak explains (p1-3 this edition), feeding your body with diverse and nourishing food that is organically grown is essential to a healthy gut microbiome. The *Human Longevity Film* also emphasised the need to consume colourful, seasonal and unprocessed food, just like our ancestors did. This might mean swapping your veggies to avoid eating the same diet day in, day out - try different root vegetables like sweet potato, kohlrabi, turnips or daikon.



Grow and eat your own organic veggies

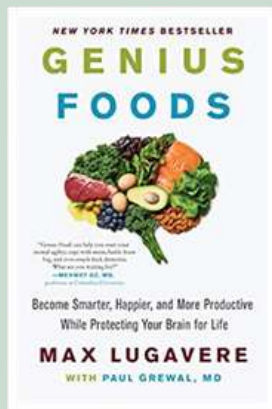
The elders in Okinawa, Japan talk about how most foods are still used for medicinal purposes and they consume a diet rich in bitter foods, with goya (known as bitter melon) being the favourite (available locally in Tasmania). Bitter foods have a wealth of health benefits as they encourage immune function and help with digestion. Apart from goya, examples of more familiar bitter vegetables include brussels sprouts, kale, cabbage and eggplant.

Other nourishing foods include plants which have high phytonutrients or natural pigments (i.e. dark green and yellow leafy vegetables). By adding beans, peas, soybeans, chickpeas and lentils you also help the cells in your colon as they contain butyrate (a short-chain fatty acid). Kiwi fruit gets a champion food tick as it provides carbohydrates (as required by the bacteria in the microbiome), it has high phytonutrient and butyrate value – but don't throw away the peel as it's a good source of fibre!

1. Ministry for the Environment, NZ: <https://environment.govt.nz/publications/our-land-2021/chapter-1-our-place-to-stand/>

Healthy Habits of a Lifetime continued

For more information about nourishing food refer to '*Genius Foods: Become Smarter, Happier, and More Productive While Protecting Your Brain for Life*', by Max Lugavere, which features the role of diet in mental health and the critical link between what we eat and how our brain ages.



4. Boost your mitochondria: If you are speed reading, don't miss this step!!! Mitochondria is the elongated bacteria within us known as the powerhouse of the cell. If the 'powerhouse' is showing signs of dysfunction (i.e. if there is an increase in cellular inflammation and immune response), then there's no doubt sickness will follow. If your mitochondria is stressed and weak, that means less energy is able to be produced which means less energy is available in high demand organs like the brain or heart or your muscles. So the downstream effects of damaged mitochondrial DNA (cells inside each mitochondria) is the lack of functioning and/or severe impairment in for example, the brain, or muscles.

According to Volkmar Weissig SCD PhD Professor and Co-Director, Centre of Excellence in Nanomedicine: "There is no disease which has nothing to do with mitochondria." Mitochondrial dysfunction therefore leads the body into ageing.

So how do you know your mitochondria is out of balance? According to Lorenzo Drago PhD, Professor of Clinical Microbiology, your skin microbiota communicates with mitochondria. When an imbalance has occurred, a person will start to develop skin problems like eczema. Another sign is that inflammation has started to occur. A damaged gut microbiome leads to a condition called 'leaky gut', which is where excess microbes, toxins and proteins from the gut cavity go through the gut lining and into the blood stream. So to start getting your mitochondria back on track:

- **Support your gut microbiome:** Consume a diet which supports your gut microbiome (refer interview with Dr Jason Hawrelak, p1-3). Interestingly, if we live close to the land, have a connection to plants and what we eat, then those habits work to provide the soil which allows a healthy inner 'garden' to grow. This is why it is a great idea to know where your food comes from and the quality of the soil it was planted in.
- **Give your gut a rest:** According to Dr Kirin Krishnan, Research Microbiologist, resting your microbiome can be equated to giving your body "time to take out the garbage!" Not constantly eating will allow the weak mitochondria to die to be replaced by strong mitochondria.
- **Reduce and/or try to eliminate toxins:** As mitochondria are extremely sensitive to toxins, one clear way to look after your mitochondria is to eat organic foods which are glyphosate free. Apart from creating your own compost, you can also reduce the use of chemicals and products we use on our skin and hair. Even things as simple as not drinking your coffee through the plastic lid and avoiding plastic water bottles will help.



Building resiliency through cold-water immersion

- **Build resiliency:** Some stress allows the body to thrive but avoid chronic stress. You can build your resiliency for example by trying cold showers or cold-water immersion therapy (refer interview with Piet Blokker of Stay Koel in *Healing Hearts* October 2022 edition) and:

<https://www.staykoel.com>

Healthy Habits of a Lifetime continued

5. Get moving! According to Prof Datis Kharrazian, Clinical Researcher and Functional Neurologist, movement completely changes your neuro and endocrine responses, dampens inflammation and improves the blood rate. In essence, **movement is critical to health.** Less than 7,000 steps a day is equivalent to two cigarette packets per day habit.



Move as much as you are able and as often as you can

Many of the elders interviewed on the *Human Longevity Film* stated how they had worked hard all their lives and walked long distances, but now, people just drive everywhere. So if you can, take the stairs instead of taking the lift and walk the scenic route instead of the shortcut.

6. Promote focus, flexibility and grip strength: One exercise expert recommends creating surprising movements for your body which in turn promote focus and flexibility. This might mean bear-crawling to the remote, or standing on one leg while brushing your teeth! Healthy aging also means maintaining your flexibility and grip strength. You could get advice from an exercise physiologist and/or get gardening - all that digging and shoveling will help with flexibility, grip strength and balance.

7. Promote Vitality: A key aspect of healthy aging is to ensure your qi/ki/chi (energy) is flowing around the body in an optimal way. The way energy flows around your body (within meridians) can be considered just like a stream. If the flow is smooth then the stream is healthy, but if the flow is blocked, the stream becomes stagnant. The same is true of your own energy levels.



Dr Jwing-Ming Yang (world renowned qigong master) explains Qi '...as the energy flow in all living things. Qi can be best explained as a type of energy very much like electricity, which flows through the human or animal body. When this circulation becomes stagnant, sickness will follow.' Qi therefore flows through subtle energy pathways and channels within the body. A reiki or acupuncture healing session or practicing qigong, tai chi or yoga are all ways to unblock stagnant energy and flush the body with energising qi/ki/chi.

8. Reach Out: A Hopi wise saying is "*Don't be afraid to cry. It will free your mind of sorrowful thoughts*". Working out problems together and getting the support you need, when you need it, is vitally important to your health and wellbeing. Dr Titus Chiu, Neurologist, considers that in our society, when we are contending with high stress environments and a flood of information, social media, emails, financial, work and family commitments, that we are suffering from 'decision fatigue' which has flow-on effects to cognitive fatigue.

The elders interviewed on the *Human Longevity Film* all felt a deep sense of community, finding ways to be together and slow down, living an authentic life together. That meant sharing time with friends and family, eating together, playing music together and solving problems together. It's essential therefore to open your heart and let others in. So if you feel like you are 'running on empty' reach out to friends, loved ones, counselors and psychologists, for help. There's a power in community, in sharing life's joys and life's problems. For more information, contact Stay ChaTty on:



<https://staychatty.com.au/>

Counselor, Motivator and Myth-Buster

Interview: Lyn Gibson, State Manager, BreastScreen Clinical Services



Lyn Gibson (right)
with client Suzanne
(editor)

About Lyn: A passionate motivator and supporter of women, Lyn has dedicated her professional life to guiding women through challenging life events. After supporting women surviving family violence at a Women's Shelter, she worked for 16 years for the Family Violence counselling service before moving to BreastScreen Clinical Services, where she has worked for the past 15 years in counselling and managerial roles. In between providing care and guidance to women in need, she achieved a Social Work Degree and a Masters in Health Psychology. Lyn is exceedingly proud of the BreastScreen surveillance program which features great emphasis on the psychology and social needs of the patient. And being the nurturer that she is, she still finds time to return to work in the Women's Shelter, occasionally on weekends.

What do you think the primary benefit is for women participating in the Program? The beauty of the program (the benefit of the screening) is early detection. We diagnose about 320 breast cancers per year, and these are early breast cancers that have not progressed to the lymph glands. If a lump is big enough to feel, that means the cancer has moved along the timeline, but mammogram's take the timeline way back to the start, before it's had time to progress. We can now find almost imperceptible changes to the breast, long before you can feel a lump. So it's important to have regular images of breasts, and we compare the images within our surveillance program. That's what BreastScreen is - a surveillance program.

If an anomaly is detected on a mammogram, what happens then? The mammograms are viewed by two independent specialist radiologists, so if either of those doctors see something unusual, the person is asked to come back to a recall clinic. For a first mammogram, there is a higher rate of recall, to check if the mammogram has just picked up breast tissue. The breast is really like a landscape, so some radiologists might see one thing, whereas others might not. So women are called back to have investigations done, and this involves taking a more advanced image. A normal mammogram is a static snapshot 2D image but, in an assessment, we have a specialised 3D scan and we can do an ultrasound and needle biopsy if necessary. It is at these important clinics where we find tiny breast cancers or even pre-cancerous change that can be removed with simplified treatment compared to treatment of advanced disease. We are also able to confirm that the change is normal and clients remain screening with the surveillance program.

How are clients supported within the BreastScreen Program? For those clients who are asked to return to a recall clinic, they are supported throughout the process; it's a fabulous support model. We understand that for people participating in the program, they've come in without any symptoms, so a counsellor is needed to guide them through the next steps if something is detected. So we have qualified counsellors and social workers here to help.

For women in living in regional areas, we have a fixed site in Launceston and two mobile services which operate over 30 sites, including King Island and the Furneaux Islands. Those mammograms are read by a team of radiologists. The specialist recall centre for excellence is located in Hobart where all investigations are performed free of charge. The Patient Travel Assistance Scheme subsidises travel for those attending the investigations clinic.



Interview: Lyn Gibson, BreastScreen Clinical Services continued



Breastscreening is FREE for women aged 40 - 74 years. It only takes 20 minutes and could save your life!

How many women participate in the Program annually?

In Australia (for women in the 40 - 74 year old category), the participation rate is only about 50% (refer BreastScreen Australia website Monitoring Report 2022). Here in Tasmania our screening participation rate is higher at 58% of women in the State but that still leaves 42% of women in the State not knowing they may have a breast cancer growing inside them. There's no symptoms until its big enough to feel

With mammography, we have a wonderful opportunity to look inside the breast, so it's a privilege to be able to see if everything is okay, and that is why it is called a surveillance program, and that is why it is important to get a mammogram every two years so we can see if there are changes occurring. The screen will pick up even the faintest disruption (just like a bulb emerging from beneath the soil) inside the breast architecture.

Why do you think people put off making an appointment?

A combination of too busy and no pain or symptoms so the important preventative step gets put on the back-burner.

But here's some myths that might prompt women to make an appointment after all.



Myth No. 1: I'm self-aware and regularly check for lumps in the shower. I don't feel any lumps, pain or tenderness and don't have any symptoms.

- It's good to be breast self-aware but you still need to come in for a mammogram as the BreastScreen program is to find breast cancers BEFORE you can feel any lumps. Breast cancer doesn't have any internal prompts (i.e. like a headache, or sharp pain) and when people are busy, and not prompted by their bodies, then that's a reason why people don't make an appointment.

Myth No. 2: I don't have breast cancer in the family

- Most people who have a diagnosis of breast cancer don't have a close relative with the disease. [i] Only about 5% of breast cancers occurs in people with an inherited gene – the most common being BRCA1 and BRCA2.
- Other than being female, age is the most significant factor for developing breast cancer. The risk of breast cancer increases with age up to 75 years. Over 75% of all breast cancers in Australia are diagnosed in women when they are aged 50 years or over. The average age of the first diagnosis of breast cancer in women is 61.

[i] <https://www.bcna.org.au/understanding-breast-cancer/breast-cancer-in-the-family/>

Interview: Lyn Gibson, BreastScreen Clinical Services continued

Myth No. 3: I'm post-menopausal

- The risk of getting breast cancer is centered around age, and that is why surveillance is so important for ages 40 – 74. It's all a matter of getting those cancer cells early.

Do you have any personal reflections? ? I think the reason I've stayed in this job for so long, is that breast-screening is a tangible way to take care of your life and take control. We don't have to be a victim to breast cancer. Even if you have a family history there are proactive steps that people can take, to defeat the power that cancer has over your life. Not all cancers have a screening program. but we do screen for bowel, cervical and breast cancer. So taking charge of your life, not being a victim - that is empowering.



For more information and to make an appointment for a mammogram, refer to:



BreastScreen Clinical Services

Telephone: 13 20 50

Website: <https://www.health.tas.gov.au/health-topics/cancer-screening/breast-screening/breastscreen-tasmania>

For further information, refer to:

<https://www.canceraustralia.gov.au/cancer-types/breast-cancer/overview>

<https://www.canceraustralia.gov.au/breast-screening>

Further Empowering Screening Programs

Cervical Screening: It's now possible to do a FREE cervical screening test either by taking the sample yourself at home or with the help of a healthcare provider (in this case, fees may apply). Tests are recommended every five years if you are a woman aged between 25-74 years. The National Cervical Screening Program reduces illness and death through cervical cancer by checking for the existence of HPV (human papillomavirus). For more information refer to:

Telephone: 1800 627 701 (National Cervical Screening Program)

Website: <https://www.health.gov.au/our-work/national-cervical-screening-program>

Bowel screening: This is another important test for men and women, which is FREE and can be done at home. It's a quick and easy test that could save your life. If you are aged 50-74, you will receive a free kit in the mail every two years. As the logo says, don't put it off #JUSTPOOIT The National Bowel Cancer Screening Program can find bowel cancer early. For more information refer:

Telephone: 03 61 66 8970 (to speak to a local bowel screening nurse)

Telephone: 1800 118 868 (National Information Line)

Email: tas.bowelscreen@ths.tas.gov.au

Websites:

<https://www.health.tas.gov.au/health-topics/cancer-screening/bowel-screening>

<https://www.cancerscreening.gov.au>



Prostate Check: According to the Cancer Council, prostate cancer is the most commonly diagnosed cancer in Australia. Ask your doctor about the simple prostate specific antigen (PSA) blood test for early detection. For more information refer to:

Website: <https://www.cancer.org.au/cancer-information/types-of-cancer/prostate-cancer>



Dr Sheldon M. Feldman

Reiki Clinical Trial Update

Reiki's Effects as a Therapeutic Intervention in Breast Surgery Clinical Trial

About Dr Sheldon M. Feldman: Dr Feldman is the Chief, Division of Breast Surgery & Breast Surgical Oncology, Montefiore Medical Center, New York and past President of the American Society of Breast Surgeons. He is a recognised leader in the development of innovative, minimally-invasive techniques to diagnose and treat breast cancer.

Dr Feldman is also a highly respected surgeon who has advanced the role of Reiki in health care. He strongly advocates for Reiki, as a complementary therapeutic therapy, to be available for breast cancer patients during all stages of treatment (being pre-surgery, during surgery and recovery). Dr Feldman is the Chairman of the Board of Medical Reiki Works, and facilitated for a clinical trial to be undertaken on 'Reiki's Effects as a Therapeutic Intervention in Breast Surgery'. He was a recent keynote speaker at the world Usui Reiki Ryoho Conference in Osaka, Japan, where he discussed the trial.

About the Clinical Trial: Dr Feldman has worked with Reiki Master and Founder of Medical Reiki Works, Raven Keyes, and over many years witnessed the benefit that reiki provides to patients; from shorter hospital stays to faster healing without the need for pain medication. As a Chief Surgeon however he understood that before "energy medicine becomes part of standard care" that a clinical trial would be needed to provide empirical evidence of the benefit. So, together with Medical Reiki Works, he planned a clinical trial of reiki in breast surgery.

Whilst acting as the trial's Principal Investigator, the Co-Principal Investigator is Alyson Moadel, PhD, Director of Psychosocial and Integrative Oncology at the Albert Einstein College of Medicine, New York. Other physicians from Albert Einstein and Montefiore are involved in the trial, together with principal Reiki Masters. According to Reiki Rays (a world reiki advocacy who coordinate world reiki summits) "participants in the study will be early breast cancer patients undergoing mastectomies who reside in the economically challenged and largely Hispanic population of the Bronx, New York. These participants represent the millions of patients worldwide who deserve Reiki as part of their care plan, but who would ordinarily not have access to Reiki's benefits."

Clinical Trial progress: Dr Feldman kindly advised the editor of *Healing Hearts* that "due to the pandemic our pivotal Reiki trial was quite delayed so the full results of the trial will likely not be available for about 1 year." *Healing Hearts* magazine will keep readers updated, as the outcome of this important landmark trial has the capacity to change healthcare across the world.

Vale, Raven Keyes: It is with great sadness that the world reiki community has farewelled Raven Keyes, renowned Reiki Master Teacher and Founder of Medical Reiki Works, who died of a cardiac arrest on 5 May 2023.



Raven Keyes

Dr Sheldon Feldman spoke at her memorial service in Glastonbury, England on 30 June 2023. In his eulogy he noted how he would explain to his surgical team that "Raven is in the surgery to care for the person who is going through a tremendous life event." Having lived a full life, from an actress (fleetingly playing alongside Richard Gere) to providing reiki to 9/11 first emergency responders, to becoming an internationally recognised Reiki Master Teacher, who brought reiki into surgical settings; discussions regarding a TV series and screenplay on her life are underway, while the Clinical Trial she started with Dr Feldman continues. Reiki practitioners around the world recognise her courage and dedication for being the instigator for bringing reiki into hospitals.

Reiki: Energy for Life



Suzanne King, Reiki VII Practitioner,
Reiki Energy for Life, Battery Point

About Reiki as a complementary healing modality: Reiki is a gentle, non-manipulative therapeutic practice used as a simple way to manage pain and reduce anxiety. As a complementary healing modality, it can be used alongside allopathic treatments including chemotherapy and radiation treatments for cancer and for pre and post-operative patients. After feeling the benefits of self-healing sessions since 1999 and witnessing the benefits of Reiki for clients, to me, Reiki really is 'energy for life', as the practice flushes the body with energy and promotes calm and a feeling of wellbeing; it's a nurturing practice of a lifetime.

Academic Studies: There have been many academic studies which endeavour to translate patients' qualitative results into findings which prove from a clinical perspective that Reiki alleviates pain and anxiety as well as improves wellbeing. Apart from the clinical study 'Reiki's Effects as a Therapeutic Intervention in Breast Cancer Surgery' (refer p13), other major studies include 'Effects of Reiki Versus Physiotherapy on Relieving Lower Back Pain and Improving Daily Living of Patients with Inter-Vertebral Disc Hernia' (IVDH). This 2017 clinical study across 60 patients with IVDH, aimed to compare Reiki " ... with physiotherapy on relieving lumbar pain ..." The study concluded that although physiotherapy and Reiki were both "effective methods [in relieving lumbar pain] ... Reiki is more cost-effective and faster treatment method than physiotherapy."

Whilst important clinical studies continue, biofield academics like Shamini Jain, PhD (award-winning research scientist in psychoneuroimmunology and Founder of the Consciousness and Healing Initiative), are working hard to promote natural energy healing as a way forward in terms of health, healing and wellbeing. As Dr Shamini Jain states "the time has come to change the way we think about health care - and our ability to heal ourselves."



Dr Shamini Jain

Why clients seek a Reiki treatment: After 23 years of practicing Reiki (professionally since late 2019), it is evident from a Reiki practitioner's perspective that clients look more radiant and relaxed, are in less pain, and feel more balanced after a Reiki natural energy healing session.

Clients have attended my practice with a wide-range of issues including stress, anxiety, panic attacks, trauma, grief, post-operative pain, neck, back and hip pain, high cortisol levels, headache / migraines, Repetitive Strain Injury (RSI), recovery from broken bones, mind-body disconnection, energy imbalances including lack of energy, feeling stuck, lack of happiness, emotional imbalance, Irritable Bowel Syndrome (IBS), Parkinson's Disease, Motor Neurone Disease (MND), Chronic Fatigue Syndrome, neuropathic and cancer pain, blocked sinuses, arthritis and general muscle soreness. In addition, people seek a Reiki treatment to just get a "tune-up" and feel revitalised and refreshed. A treatment is also a way to feel nurtured and comforted.

Client's reactions after a Reiki treatment: There are a myriad of stories, reflections and observations but to provide a few comments: "I felt great relief, more flexibility in my broken wrist and able to hold a cup without support after the session". "I feel less tension in my throat now. During the session I felt a white light around me and felt very relaxed afterwards." "I felt my stress melt away." "I feel energised - I've tried massage before but it was painful, so reiki allowed me to truly relax. Also I'd had a toothache for two weeks, from probably gritting my teeth. When I lay down, I thought 'my tooth is aching' but then it was gone!" "I feel brilliant! Relaxed and happy." "I saw lots of bright white light ... and feel calm, happier and centered. And I've got no pain in my shoulders!" "My neck and lower back feel really good, not tight anymore." For more information contact Reiki Energy for Life at: <https://reikienergyforlife.com>

References and Courses

Radiant Lotus Women's Qigong - Free 3-Part Series

'Daisy Lee, Founder of Radiant Lotus Women's Qigong, shows you how qigong brings grace, strength, healing and empowerment into your life. Learn the following gentle movements:

Part 1: Vertical Alignment Showering Qi - to promote calm and inner peace

Part 2: Flying Phoenix - to promote emotional balance

Part 3: Lotus Rises Through the Water - to promote elegance

<https://theshiftnetwork.com/Part-1-Vertical-Alignment-Showering-Qi>

<https://theshiftnetwork.com/Part-2-Flying-Phoenix>

<https://theshiftnetwork.com/Part-3-Lotus-Rises-Through-Water>



Age-Defying Secrets Summit (18 - 24 July 2023)

21 world renowned doctors and researchers share their best longevity and anti-aging secrets in this FREE Summit. If you miss it, use the link to gain unlimited access to all interviews for \$67. By viewing the Summit you receive the FREE report "14 Food Industry Tricks that Make You Sick".

<https://theartofantiaging.com/ads-schedule/>

The Age-Defying Summit's schedule covers: Food for the gut, blood sugar and brain health; herbs for Health; very little known key for brain health (the crave test) for unexplained symptoms; liver and heart disease, avoiding pain, saving your mobility; and best foods to beat anxiety and depression.

Age-Defying Secrets are also available by joining the FB site: 'The Art of Anti-Aging and Live Your Best Life' Group. When you join you receive a FREE report '29 Signs of Disease to Watch for on your Nails, Tongue and Eyes' plus '24 Best Easy Delicious Anti-Oxidant Loaded Plant-Based Recipes'. For more information refer to:

<https://www.facebook.com/groups/theartofantiaging>

Hormone Restoration Masterclass - Free online event (subscribe to receive the link anytime)



How to restore your hormones to end hot flashes, mood swings, hormonal weight gain and feel like yourself again. During the Masterclass, Dr Michelle Sands will share the latest evidence based medicine to support women who are struggling with symptoms of menopause and perimenopause.

<https://www.glownaturalwellness.com/hormone-masterclass-a/>

October 2023 edition

- Fulfilling Your Dreams With a Passion
- Interview: Helen Rowley erects a Mongolian Ger
- Interview: Averill Lawler contemporary landscape artist



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