

WA Polio Clinic Newsletter

Polio Clinic WA Inc ABN 6122 443 8867
6 Nash St Daglish WA 6008 Phone (08) 9381 1185
New Email: polioclinicwa@gmail.com

November 2020 No 1

We have a New Name and a new Committee!

Some of you may have mistakenly heard that Tessa had retired, but that is not the case.

I am still here, continuing with what I have always done, for polio survivors in WA, and other states and other parts of the world. The Committee for the Post Polio Network of WA, made the decision to close the Polio Clinic and the sale of supplements, as of March 2020. This coincided with the Covid lockdown. In order to continue supply of supplements needed for our people, I had to set up a new charity to continue my clinical work for you. I have been supported in this by many people who have been receiving my help previously, including those who have agreed to form our new Clinic Board.

You are invited to join us in this new Polio Charity and thus to continue receiving the same services that you have done previously.

Use the form on the back page of this our first newsletter or simply ring or email me at my new contact details above.

Tessa Jupp RN OAM

POLIO CLINIC BOARD MEMBERS

President	Tessa Jupp OAM RN
Vice President	Richard Diggins OAM JP
Treasurer	Debbie Renner BBus
Secretary	Pauline Diggins
Board Members	
	Heather Henderson OAM BEd
	Mohidien Khan BPharm
	Philip Slattery



Pauline and Richard Diggins with Tessa Jupp

Laughter is still the best medicine!

No room for back page funnies this time - but always so popular that I have put some on the front page for you!



HORSE RACE OF YOUR LIFE!

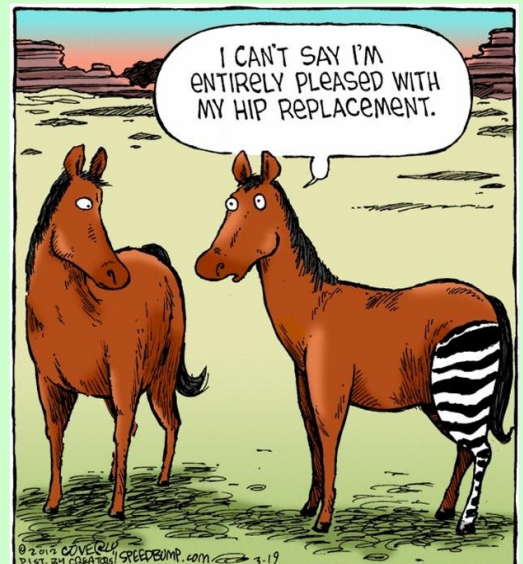
The owner of a racehorse is angry because his expensive horse has yet to win a race. He grabs his horse by the harness and says, "Listen to me, you'd better win this race, or I'll have you working the farm all day tomorrow."

The horses line up in the gates and the starting gun sounds.

All of the horses take off for the finish line, except the owner's horse who is fast asleep at the gate.

"What on earth do you think you're doing?" demanded the owner.

"I'm trying to get some rest," says the horse. "I've got a whole day of work on the farm tomorrow."



My apologies for leaving some of you stranded.

I have not been able to write freely in the newsletters to you all, over the past 18 months. Regrettably I was not able to forewarn most of you, of the difficulties that Debbie and I were encountering at the Polio Office. It came to a head on 30 June 2020, when the Polio Committee locked us and the other volunteers out of the Polio Office, with no chance to even collect our own personal belongings.

This has resulted in a group of dedicated polios, backing me in the formation of this new charity. Details of those who have agreed to help me get this new venture up and running are below for you.

We hope to be back at the Kirwan St Office in Floreat after New Year. In the meantime, you need to contact me at my home phone and email address on the front page.

Also you can see a brief history on Paul Berry & Colin Jupp Look up: <https://montario.nedlands.wa.gov.au/watch.html>

Tessa Jupp RN OAM

Polio Clinic WA Inc. - Board Members

President - Mrs Tessa JUPP OAM, RN

Diploma of Nursing 1968, Spinal diseases/injury training 1969, Midwifery Certificate 1971. Tessa's husband, Colin Jupp, caught polio 1954 aged 11. Tessa's great-grandfather had polio in the 1860s. Colin died in 1989 whilst they were setting up PPNWA. Tessa started and ran the Post Polio Network of WA Inc from 1989 - June 2020. Tessa started (with Dr Niblett and physio Brenda Lake OAM) and ran, the WA Polio Clinic from 1990 - 2020. Tessa set up Polio Clinic WA Inc. in July 2020.

Vice-President - Mr Richard DIGGINS OAM, JP,

AAIA - Richard is a retired bank officer. He was Mayor of Subiaco 1978 - 1989; is also on Boards of other Subiaco-based community groups including RSL, Regal Theatre Trust, Bob Hawke College. Richard had polio at age 10 in Victoria 1947.

Treasurer - Miss Debra RENNER BBus

Debbie is a retired computer programmer. She worked for Western Mining. Has been a volunteer helping Tessa with sales, finances and data entry in the office since 1997. Debbie had polio at age 2 in WA 1956.

Secretary - Mrs Pauline DIGGINS

Pauline is a retired school teacher. Originally from Victoria, she and Richard moved to WA in 1969. Pauline has an interest in polio because her grandmother was a polio survivor.

Board Members

Mrs Heather HENDERSON OAM, BEd, GAICD

Heather is a retired Special-Ed teacher. She was Mayor of Subiaco 2005-2017. In this role, in 2013 she officiated at the Launch of the "History of Polio in WA" book, co-authored by Tessa. Heather is also People's Warden at St Andrew's Subi.

Mr Mohidien KHAN BPharm

Originally from Cape Town in South Africa, as a friend of Dr Niblett's, Mohidien offered his help to our clinic in the 1990s. He gained his BSc in analytical chemistry in South Africa in 1982, BPharm WA 1986, Iridologist and clinical acupuncturist 1998 and trained as a pilot 2007. Since 1993, he is a Pharmacy Proprietor with chemist shops in Beechboro and Hamilton Hill.

Mr Philip SLATTERY

Phil is a retired hospital sterilising technician. He qualified with teaching English as a Foreign Language thru Cambridge Uni in 1992 and worked in Japan for some years. Also trained in the health field in Aged Care, Medical Admin and Central Sterilising. Phil had polio at the age of 6 months in WA 1951.

We do still need your donations!

We do need to ask a fee of \$5 to enrol as a member.

As we are starting up from scratch again we do need **your help with donations too**. Some have already given generous donations to enable me to continue to purchase supplement stock to keep people supplied.

We do need people to keep purchasing the good quality nutritional supplements from us, that I have identified will give you the results we need. **YOU NO LONGER NEED a LETTER from your GP** to purchase from us. I still have the full range of items that I previously had, at the **same prices**. I can now give you advice again and **book appointments** once we are back in the office.

You can arrange to collect your supplies from my home or I can post out to you. **Ring me on (08) 9381 1185**.

New Bank details for internet banking or call in at a Bankwest branch - or post me a cheque to my home.

BANKWEST - Polio Clinic WA
BSB 306 050
a/c 0702 158

Unfortunately **our website has been taken down** so hang onto any newsletters and my booklets that you have. They are irreplaceable. I will start writing **newsletters** again in 2021 but where possible these will **have to go out by email** as we have little money and will have office-running expenses to pay. **So if this is posted PLEASE EMAIL ME your email contacts!** **I need your other details as on back page too please.**

SUPPLEMENT SUPPLIES

We have a wide range of good quality nutritional supplements that are beneficial for polios still available thru our Polio Clinic. See list below for some you may find difficult to source. The carnitine, magnesium and manganese we have, work much more effectively than any you can buy in shops. For pick up or post out **ring Tessa**

Alpha Lipoic Acid 200mg (90)	\$30
Carnitine 200G	\$200
Carnitine 100G	\$110
Carnitine 50G	\$62
Carnitine (100 caps x 250mg)	\$65
Magnesium 300G	\$44
Magnesium 200G	\$33
Magnesium 100G	\$18
Magnesium (250 caps x 500mg)	\$40
Manganese 200G	\$90
Manganese 100G	\$50
Manganese (90 tabs x 200mg)	\$40
Borax 100G	\$12
Gelatine 1kg	\$30
Glutamine 100G	\$25
Taurine 100G	\$30
Iodine Tincture 50ml (paint)	\$16
Lugols Iodine 100ml (drops)	\$32
Vit D3 (400 tabs x 1000iu)	\$36
Vit K2 (90 tabs x 180mcg)	\$38
<hr/>	
Postage & Handling (up to 400G)	\$11

For other supplements available or postage
2 costs - ring or email Tessa (08) 9381 1185

New uses for Carnitine plus Lipoic Acid by Tessa Jupp RN

This is just a brief look at some research that might be useful with common problems we may now be experiencing. Next year when we are back to 12-page newsletters, I will expand on these with more explanations and diagrams. We have looked at the benefits of carnitine, particularly for polio survivors for many years now. Newer research has found a benefit in taking Alpha Lipoic Acid (ALA) with the carnitine supplement. Good quality **ALA is available from the Polio Clinic. \$30 for 90 capsules of 200mg.** Suggestion is to take 2 capsules per day with your carnitine.

Carnitine & ALA to Repair Damaged Inner Ear Cells and Improve Your Range of Hearing

from - Dr Frank Shallenberger, MD

Together, Alpha lipoic acid (ALA) and carnitine are a terrific team for improving the range, volume and sensitivity of your hearing.

Scientists discovered that **ALA was more effective for protecting hearing at low frequencies**, while **carnitine worked better for higher frequencies.**

ALA is an antioxidant that's made in the body, and is found in every cell. But here's what makes it so unique: While other antioxidants work only in water (like Vitamin C) or in fatty tissues (like Vitamin E), **ALA is both fat and water soluble.**

So it **can protect every muscle, organ and tissue** in the body. It can easily penetrate the blood/brain barrier, so it **targets free radical damage** in your **brain, ears and nervous system.**

ALA also has the ability to **recycle** other antioxidants back to their active states, so they can continue to neutralize free radicals in and around the ears.

Meanwhile, **carnitine** is an amino acid that increases **energy production** in the mitochondria, the "power plants" of your cells. Think of your mitochondria as the furnace that fires up cell energy.

As you age, your body produces less and less carnitine - plus, its levels are further depleted by high-fat diets, certain medications and vitamin deficiencies.

When mitochondria don't get the fuel they need, it is **like a car running on empty.** When mitochondrial falloff affects your ears, **hearing loss sets in.**

<https://www.advancedbionutritionals.com/Hearing-Loss/Can-You-Restore-Your-Hearing>

CARNITINE & ALA for NERVE PAIN

“Research shows that **the combination of BOTH Carnitine and ALA dramatically improve cell health, protecting the cells in your nerves from being damaged and causing you pain.**

In the journal - “Nutritional Research”, researchers concluded that supplementation with these two ingredients “significantly improved mitochondrial function”... A finding that was also echoed in a double-blind study in the Journal of Clinical Hypertension.

Research published in the Proceedings of the National Academy of Sciences of the United States of America and by doctors at the University of Maryland Medical Centre, who said that **ALA can “help people with diabetic neuropathy with arm and leg pain from nerve damage.”**

Alpha-lipoic acid has been shown to have a positive effect on nerve conduction and reduced neuropathic pain. A small 2017 study found that alpha-lipoic acid was useful in protecting against oxidative damage in people with **diabetic neuropathy.**

It is said to **lower blood sugar levels**, improve nerve function, and relieve uncomfortable symptoms in the legs and arms such as:

- pain
- itching
- tingling
- prickling
- numbness
- burning



May need to take 400 - 1,200 mg/day in capsule form.

Manganese works behind the scenes to protect your health

Manganese (Mn) is the ultimate “wing-man” in the body, helping to facilitate the contributions of a host of other players. Specifically, it plays an important role in the **metabolism of amino acids, cholesterol, glucose and carbohydrates**, as well as **stiffness and balance.**

In addition, **manganese helps the body utilize other important nutrients**, including -

Vitamin B1 – to help cells convert carbs into **energy.**

Choline - for brain with **memory, learning and mood.**

Biotin - for **blood sugar control.**

Vitamin C - to work as an antioxidant, and as the anti-inflammatory “muscle” of the **immune system.**

Zinc - helps Mn support **bone mineral density.**

Mn helps to synthesize **collagen**, for **tendons, bones, joints, healthy skin, also for strong, flexible arteries.**

Mn facilitates normal blood clotting.

An important function of Mn is to help to form superoxide dismutase (SOD), a primary disease-fighting antioxidant enzyme. **SOD gobbles up harmful superoxide free radicals** – thereby helping to fight oxidative stress, **quench inflammation and slow the aging process.**

This antioxidant effect allows SOD to help fight a host of inflammatory conditions; **including arthritis, breathing probs, heart disease and type 2 diabetes.**

Research has also shown that **Mn** is required for the activation of an enzyme essential for **wound healing.**

www.naturalhealth365.com/benefits-of-manganese-3623

Manganese tablets are available from Tessa.

POLIO CLINIC WA — MEMBERSHIP

Clinic Membership \$ 5
Clinic Donation \$ _____
Total Enclosed/Deposited \$ _____

Polio Clinic Banking Details

BANKWEST - BSB 306 050
a/c 0702 158
Please add notation with your
name and what deposit is for

Name _____

Address _____

Phone _____ Mobile _____

Email address _____

If undelivered return to:

Polio Clinic WA Inc.

6 Nash St

Daglish

Western Australia 6008

**SURFACE
MAIL**

**Postage
Paid
Australia**

Print Post Approved
PP100028871

Need for New Contact Details back - from You to Tessa

I need to build new Contact and Membership lists for the new Polio Clinic WA. We need email addresses from everyone who has one, so that newsletters can be sent out at no cost by email.

We are starting up with just a few donations from people grateful for our services, so must cut our costs. I am building a list of those who will need hardcopy posted out, so let me know your needs.

Please answer these questions. Email me your details or phone me.

Put me on the "email newsletter" list ☐ Put me on the "post a hardcopy newsletter" list ☐

I had polio ☐ at age _____ in year _____ at _____ DOB _____

or I have not had polio ☐ but want to be on the Clinic list as I need help for _____

If you wish to continue to receive these newsletters contact me ASAP or you may be cut off.
You do not have to be a member to obtain our services. Donations are always welcome.