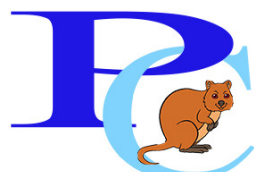


WA Polio Clinic Newsletter



Polio Clinic WA Inc.

Polio Clinic WA Inc

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March 2022

Vol 2: No 1

Beginnings of Disabled Sports in WA

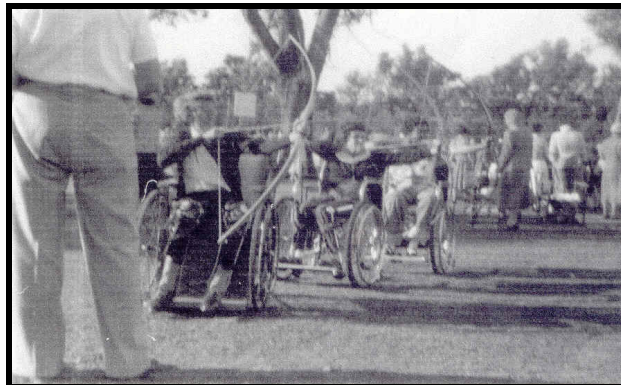
We have just finished the 2022 Paralympics Games in Beijing, but polios were involved in wheelchair sport here in WA in the 1950s.

Isabel Lutz, a nurse at IDB Shenton Park writes: "Physio Johnno Johnson, with Dr (Sir) George Bedbrook, started sports for disabled patients. Sometimes the nurses played in wheelchairs too, to make up the numbers. Basketball courts were established at IDB, and we were honoured by a visit from the current Harlem Globe Trotters of the time. Archery and Flag Races were other games that we assisted in, in our off-duty times."



In 1962 Western Australia ran the Commonwealth and Empire Games at Perry Lakes Stadium, Beatty Park and other venues around Perth. At a similar time the Para-Quad Assoc ran Games for wheelchair athletes. Competitors were housed in the display pavilions at the Claremont Showground and many of the events were run there.

Wheelchair basketball was played on a board court built in the middle of the Speedway track in front of the Grandstand. Dress code changed fairly quickly as temperatures soured up to 40°. The tin sheds they were housed in would have been unbearable with the heat. In those days there was no air-conditioning or fans to help combat it. The Commonwealth Games put us on the map as a sporting organization - but unfortunately we had no home and no money."



And Cliff Rickard recalls: "Being asked to played a basketball game against the visiting Harlem Globe Trotters was one of our early lucky breaks. It got us wide-spread press coverage and more recognition as athletes. Not just patients out of hospital for the day!"



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Welcome to our first newsletter for 2022.

POST POLIO NETWORK WA - PPNWA

People have been confused by getting a recent short newsletter from the Network. They are completely separate now from Tessa and the new Polio Clinic WA.

ALERT

We have just realised lately, that some people have been **paying their accounts for the Polio Clinic into the old PPNWA bank account** instead of to the new Polio Clinic WA bank account. If you have made a mistake and need to get your money back, you will need to **ring PPNWA on 9383 9050**. Explain your mistake and **ask for your money to be returned to you**.

They will have to do it.

If you (or your family) are paying by **internet banking**, please make sure you have **changed your records to the new account**.

OFFICE CHANGES due to COVID

To keep us all safe at the moment, we have put a pick-up table at the doorway to stop people entering our office space and **appointments need to be by phone or email**. **No face-to-face appointments until Covid dies down**.

ALWAYS PHONE on the day if you intend to drop in, to make sure there is someone here in the office. **Please Check first**. I ended up in hospital with a cat bite in February. We never know what is round the corner! My usual times are **Tues - Thurs 10.30am - 5pm**

SUPPLEMENT SUPPLIES

Supplies are up and down at the moment but I have managed to get most things in for you. We are hoping **Vitamin K2** will be available again soon. Mt Evelyn Pharmacy in Vic hopes to **soon have the old "sandy" Magnesium** back, but it has a different taste. When better supply comes in, we will get larger tubs again.

We can always **post out your orders**. No need to drive (price of petrol!) or expose yourself to Covid.

NEW POLIO CLINIC WEBSITE -

<http://polioclinic.org>

We finally have now got a **NEW website**. You need to type in the address **polioclinic.org** - not internet search. We are lucky - a doctor from my church is slowly adding more articles to our website and the Clinic newsletters are now accessible for anyone that way too.

Next newsletter out in June Tessa Jupp RN OAM

We do still need your donations!

Membership fee is \$5 to enrol as a member.

Any payments made after March we will count for the **2022/2023 financial year**.

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. That helps us pay our monthly lease here.

You can arrange to collect your supplies from here or **I can post out to you**.

Ring me on (08) 9284 9201 or via email.

New Bank details for internet banking or call in at a **Bankwest branch** - (please add invoice number and name - or post a cheque to the mailing address.)

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

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**.

N-Acetyl Cysteine 590mg (60)	\$31	NEW
Quercetin 250mg (60)	\$75	NEW
Carnitine 200G	\$200	
Carnitine 100G	\$110	
Carnitine 50G	\$62	
Carnitine (100 caps x 250mg)	\$65	
Magnesium 300G n/a	\$55	
Magnesium 200G n/a	\$42	
Magnesium 100G	\$25	
Magnesium (250 caps x 500mg)	\$40	
Magnesium (75 caps x 500mg)	\$15	
Manganese powder 200G	\$90	
Manganese powder 100G	\$50	
Manganese (90 tabs x 200mg)	\$25	
Borax 100G	\$12	
Gelatine 1kg	\$30	
Glutamine 100G	\$25	
Taurine 100G	\$30	
Iodine Tincture 50ml (paint)	\$16	
Lugols Iodine 100ml (drops)	\$32	
Vit A (120 x 10,000iu)	\$20	
Vit D3 (400 tabs x 1000iu)	\$30	
Vit D3 (200 tabs x 1000iu)	\$15	
Vit K2 (90 tabs x 180mcg)	\$38	
Molybdenum 250mcg (60)	\$26	

Postage & Handling (small parcel) \$11.50
(medium parcel) \$17.00
Express Post (small parcel) \$14.50

For other supplements available or postage costs - **ring or email Tessa (08) 9284 9201**

Funnies Page

Aussies versus Kiwis

IF YOU DON'T WANT ME
TO SHOP ONLINE



YOU REALLY SHOULDN'T USE MY NAME
FOR ALL YOUR PASSWORDS



Paddy, at a job interview:

Manager: So, Mr Kelly, what would happen if you had only one ear?

Paddy: I'd be half blind.

Manager: Errr, okay. What if you had no ears?

Paddy: I'd be completely unable to see. Blind as a bat.

Manager: Mr Kelly, that's a very strange answer. Can you explain why having no ears would affect your sight?

Paddy: Sure. If I had no ears, I'd have nothing to balance my glasses on!



Adam and Eve were not ashamed
of being naked until they reached
middle age and that's when
God told them to cover up.

One day in the office, Lily, the Kiwi girl, asked Ruby, the Aussie girl, to pass her the pin on Ruby's desk. Ruby looked all over her desk and eventually found a small pin lying in a corner of her desk.

As she was delivering the pin to Lily, Ruby thought, "Why does Lily need a pin? And how on earth did she see that tiny pin here on my desk?"

Lily: 'Why are you giving me that? I asked for a pin!'

Ruby: 'This is a pin!'

Lily: 'No - a PIN! To write with!'

Ruby: 'That's a PEN!'

Lily: 'Yeah, a PIN!'

Ruby: (Holding up the pin) 'What do you call this then?!'

Lily: 'That is a Pain!'

That is when Ruby learnt how to tell the difference between Aussie and Kiwi accents.



"It's not that I didn't understand the assignment,
I couldn't figure out how to use the school's
outdated computer."



Thinking of those in the Eastern Coast floods



"Explain again how all this toilet paper is
supposed to protect us from the virus."

CHECK-OUT HOGS

In a queue at the supermarket, the mother was in a bit of a hurry late one afternoon, with a tired and hungry 4-year-old in tow.

Having only 4 or 5 items to buy, she went to the express checkout, specifically for people with under 12 items.

As she approached it, another woman arrived at the checkout milliseconds before her, with a huge trolley full and proceeded to unload.

The operators rarely say anything and usually, were it not that the mother was in such a hurry with a grumpy toddler, she probably would have let it go. But on this occasion she felt she had to say something.

Politely she tapped the lady on her shoulder and in the nicest way possible said, "Excuse me, but this is the express lane for people with under 12 things to buy."

The lady, turning around scowled at the mother, and in an arrogant tone said, "I can read, you know."

As the mother prepared to move to another line, she turned around and said, "Ah yes, but can you count?"

The checkout girl unsuccessfully tried to stifle her chuckle - and the belligerent lady went beetroot red!



"Of course I know that. All personal data is in the
cloud these days."

Polio Stories Page - "Stealing the Cream at the Golden Age"

The story below as told to me by **Wes Jones**, of his time at the Golden Age Polio Home with Tessa's husband.

Wes remembers - "On arrival at the Golden Age I was placed in a ward with four other fellow polio sufferers, one of whom was Colin Jupp (undisputed leader of the ward, as he was the oldest and longest resident), Lex - who sadly I can't recall his last name, and one other who's name I cannot remember. To my mind these were golden times at the Golden Age Annexe, as this was where I got my life-long passion for the East Fremantle Football Club - courtesy of Colin Jupp. I'm sure we must have been the terrors of the Annexe - what with falling in love (puppy) with every nurse that worked there, through to our raids in the kitchen late at night to drink the cream from the tops of the milk bottles, and racing our wheelchairs down the ramps with no hope of stopping, due to our "useless" limbs. Some of the crashes were quite spectacular!"

"I dare you! I dare you Wes!" hisses Lex.

I can just make out the dark shape of his bed in the far corner opposite mine in the dim glow from the outside street light, on the corner of Harrogate and Alfred Streets in Leederville, a suburb of Perth.

We have just heard the night nurse climb the stairs and go along the passageway to the nurses' quarters which are upstairs, here at the Golden Age Post Polio Convalescent Centre for Children.

"I double-dare you!" prompts a hoarse whisper from the direction of Colin's bed next to the window. Colin has the best position. Beside the window he is able to see out the door and down the corridor. Colin is the undisputed leader of the boys' room, as he has been here the longest and is the oldest in the room. He is 12.

"I'll go if you come with me, Lex. I dare you to come with me up the stairs." I whisper back. **"You won't know I've done it, if you don't come too, will ya?"** I have not long had my 10th birthday, here at the Golden Age. Lex is a cheeky six year old. He'll come. Pushing back the bedclothes to clamber awkwardly out, we creep, silent shadows, hugging the wall. (Well - really the wall helps us to keep our balance.) My arm is still not too good and Lex's legs had both been paralysed with polio when he came here last year - in 1955.

The nurses' quarters are out of bounds to us kids. We have the downstairs rooms. My room, the boys' room, was the original entrance to this old hotel, (which was also called the Golden Age), that was converted to take polio kids from Princess Margaret Hospital in early 1950. The front door is boarded up and we can fit 4 beds in here. The babies' room is next to ours. That's where the most danger can come from. If the night nurse hears a baby cry and comes down, we could get caught.

Lex and I shuffle past Sister Bryan's office, next to our room, and reach the foot of the stairs. It is beside the main entrance passageway, used to get in now. On the other side of that is the girls' room. It is bigger than ours. We have to be really quiet so they don't hear us. Step by step we creep higher and higher until we can peep over the top step. I can see a dull light from the nurses' dining room to my

right. The door is half shut and we can just hear muffled voices. Lex and I exchange glances in the semi dark. Neither of us dares to go any higher. Our hearts are pounding from the effort and excitement of getting this far.



Colin Jupp



Wes Jones

"Let's get some milk." I whisper. Carefully we make our way down the stairs again. Hanging on tight to the rail, across my body with my good left arm, I gingerly place each foot down to each new step. It wouldn't do to miss a step in the dark and fall or stumble, not now we have got this far. At the bottom again, we shuffle across to the kitchen, opposite the girls' room. The milk has not long been delivered. We open the big fridge, carefully taking out a pint bottle each. If you push down gently on the middle of the silver milk top, you can get it off

without breaking it. Upending the bottles we eagerly drink the thick cream sitting at the top of the bottle. Delicious. Even more so because this is forbidden.

Pity we can't take some back for Colin. Both of his legs are still completely paralysed. He is strapped into a night cast to keep him straight. Carefully placing the silver foil tops back on the bottles and pressing in around the edges to hopefully look as if they haven't been tampered with, we open the fridge door again, placing the milk bottles back, carefully making sure they don't clink against each other.

"Did you do it?" eagerly whispers Colin, as we climb back into our beds, pulling the blankets up. It is pretty chilly out of bed with only our pyjamas on and we are both starting to shiver.

"Course we did." I reply. **"Right up to the dining room door. We could see them having their supper."** I boast. **"Then we went and had ours. They'll never know we got into the cream. We put the tops back so as you'd never know. Sorry we couldn't bring you any."**

"Did you Lex?" asks Colin wistfully.

"Yep. We did." affirms Lex.

"Shh. Someone's coming down the stairs." whispers Colin urgently. **"Pretend you're asleep."**

Sleep is vital to remaining alert and awake during the day. But did you know that **if you don't get enough sleep, nerve connections begin to break down** in your brain and other parts of the body?

An American neurologist, Dr Stasha Gominak, found the Vit D link by accident. She was sending patients with daily headaches for a **sleep study** because they were complaining of extreme fatigue. The reports came back saying - **"not sleep apnoea - but lack of deep REM sleep is being recorded."**

She had found articles that had been published about **Vit D receptors in the brainstem** and on testing found her patients were **low in Vit D**. She found that getting their **Vit D levels up to 150 - 200 nmol/L** produced an **improvement in sleep**. These were clinical observations based on the patient saying, **"You know what Doc? I'm sleeping better."**

(NOTE that the **Brain Stem** is an area that could be affected by previous **polio**.) In it is a series of **switches for deep restorative sleep**. There are a group of nuclei in the brainstem that have vitamin D receptors. When you provide vitamin D to those cells, the vitamin D goes into the nucleus and allows expression of the enzyme that makes the neurotransmitter, acetylcholine. **Acetylcholine helps us become paralysed correctly during sleep so we can achieve REM sleep.**

Dr Gominak's theory is that **natural paralysis during sleep happens so our body can restore and repair tendons, muscles, arteries and other moving parts** of our bodies. The brain stem nucleus is broken into 3 groups. One governs paralysing your face, nose, and throat. Another paralyses your diaphragm and chest wall. The rest paralyse the lower portion of your body. **If you have pain upon waking**, in a particular part of your body, it could be that that area **did not undergo paralyses while you slept** and it was **not adequately repaired**.

After about 2 years of restoring vitamin D levels, and sleep normalisation, she found that her patients' sleep was getting worse again. Pain was getting worse, lots of different kinds of pain; musculo-skeletal pain, joint pain. And then two patients started to have burning in their hands and feet. The **burning feet** gave her the clue - this happens when more **Vit B5 is needed**.

Everything we do in every cell is linked to our B vitamins. **Repairs are linked to B vitamins**. After 2 years, Dr Gominak's patients' pain returned and increased. She learned that the **B5 vitamin, is critical in sleep**. **B12** also has an impact upon sleep.



Dr Gominak's theory is that **Vitamin B stores in our gut** are being **used for repairs** that the brain could now make during restored deep sleep. The symptoms of burning and pain went away after 2 days of supplementing with a B 100mg complex. When supplementing with only one B vitamin, Dr Gominak learned that we should supplement with all of them. Her patients felt better

with the complex than with just the B5. If our gut bacteria make B vitamins, could it be that some of our B source, is only from the gut? Perhaps there is a storage amount of B vitamins in our gut and after 2 years of repair, these B vitamins have now become depleted. **We need to get the right gut bugs back!** Sleep disorders and gut disorders work in parallel.

Sleep is not about being unconscious. It is about making repairs.

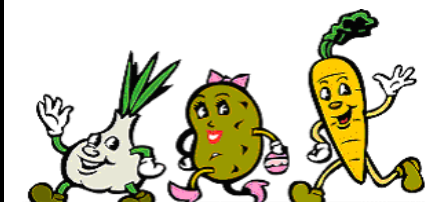
Sleeping better triggers the brain to remember the **deferred repairs**. Perhaps, given the right setting, stem cells in the pancreas, the brain, the kidney and elsewhere can repair the body **during REM sleep**.

She says "Turns out that **the brain is designed to say**; *"You know - you really haven't been sleeping well for*

the last 15 years, and I had to put off all these repairs that I needed to do. If your vitamin D is going to stay at 150 to 200 now, everything must be perfect. So, I'm actually going to switch into making you sleep longer. And if you will just give me a few more of the building blocks, (B vitamins, minerals, A and C) the things that we use to make these repairs, I will sleep you longer than eight hours and spend more than the normal amount of time in deep sleep and REM sleep. This way I will actually be able to make those deferred body repairs for you."

We should be eating foods that feed the good bacteria in our gut. What we eat absolutely has an effect on what is living in our small intestine. **Our good bacteria produce a lot of the vitamins and nutrients we need**. We need to get our digestive system working properly again. So when we eat good foods for a healthy gut, we feed the good gut bacteria, and then the gut bacteria actually feed us.

NB - If your Magnesium, zinc + Vit K2 are low, any D3 absorbed is inactive!



Latest on Covid

written by Tessa Jupp RN OAM

New Omicron/Delta combination virus found

Not here in WA yet - but the finding of new variants will be ongoing.

WHO has announced **10/3/2022** that:

“New research claims to have found the first solid evidence of an Omicron and Delta recombinant virus. First reports about this recombination indicate **multiple cases in Europe** and suggest that it has been circulating **since early January 2022**. This new hybrid combines the backbone of the Delta with the spike protein of the Omicron so that both infect the host cell at the same time. It is too soon to know whether these “**Deltamicron**” infections will be very transmissible or cause severe disease, says Dr Colson of Mediterranean Infection in Marseille, France, and lead author of the study.”

SIGNS TO INDICATE COVID TEST NEEDED

- fever or chills
- cough
- shortness of breath or difficulty breathing
- fatigue
- muscle or body aches
- headache
- new loss of taste or smell
- sore throat
- congestion or runny nose
- nausea or vomiting
- diarrhea

Some of these we may already have, so it is a concern if we feel **newly unwell with these extra symptoms**. All pensioners and households can apply for a **free box of RAT tests**. The instructions to use are inside the box. Ask someone if you are unclear how to do it.

Most commonly reported symptoms are: a runny nose, headache, fatigue, sneezing, and a sore throat.

These are all the same as for a cold or the flu.

How do we know if it is Covid? - We don't.

So use the RAT test to make sure. It can take up to 14 days from exposure to develop Covid. Usual time is 3 – 6 days. You may not get a positive result until you have been sick a few days. So don't test too early and believe you are necessarily negative. You may need to re-test later.

If you are sick, no matter what is causing it - isolate at home and keep away from everyone.

Omicron - 1, 2, or 3?

“Omicron has **three main subvariants** - BA1, BA2, and BA3 — according to WHO,” Dr Don Vinh, associate professor in the Dept of Medicine at McGill University, Canada.

We have had **BA1** since December but are now hearing that **BA2** has taken over in NSW and is now here in WA in increasing number too. It is possible to catch both BA1 and BA2 at the same time. BA2 is 30% more transmissible than BA1.

The severity seems to be about the same - a milder illness, but we are getting increasing numbers needing hospitalisation, needing ICU and we are now recording some deaths in WA from Omicron.

BA3 not here yet - has fewer mutations than BA1.

MILD COVID STORY from NSW

A story phoned in from one of our members.

Her daughter had gone to visit friends in Sydney and one of them developed Covid, so they all had to isolate for 7 days. There were 6 of them there and they stayed in their rooms, away from each other. One by one, about 3 days apart, they all got sick, despite initial RAT tests being negative. Her daughter was the last to get sick and she was the worst. She got a sore throat, a fever, cough, altered taste and smell, a headache and muscle aches. She ended up **in bed for 7 days** - the others were only in bed 2 - 3 days. She was still testing positive by RAT at Day 12. Her mother wouldn't let her return home till she tested negative. Which wasn't until finally on Day 13. So every case can be different. Don't take any chances. **Mask. Wash hands. Isolate.**

When Might I Need To Go To Hospital?



The cold and flu-like symptoms of Omicron can lead to breathing difficulties within 5 days. If you do need to go to hospital, this can occur around 4-8 days after symptoms start, sometimes sooner. Don't wait. Ring an ambulance if you have an of:

- ♦ shortness of breath
- ♦ or fast, deep breathing
- ♦ dizziness
- ♦ high temperature ie above 38°C
- ♦ cold, clammy or pale and mottled skin.
- ♦ confusion or irritability
- ♦ persistent pain or pressure in the chest
- ♦ reduced consciousness
- ♦ seizures or strokes

New Novavax Vaccine

Written by Tessa Jupp RN OAM

I have been asked to explain about this new vaccine. Most people have **had their Covid vaccines** by now. **Most have had little in the way of side effects**, but a number have reported to me that they didn't cope well with their vaccines. And **some people have been waiting for this new Novavax**.

So - Novavax is what is known as a protein subunit vaccine. It is similar to a traditional viral vector vaccine, and works by introducing isolated **proteins taken from cell walls** inside the target virus (**usually grown in a lab**) to the immune system, in the hope it will recognise the proteins as foreign and initiate a response.

Novavax is a protein-based vaccine, meaning it **contains a protein fragment** of the Covid spike protein. These fragments are taken up by specialised immune cells which direct an immune response against the SARS-CoV-2 virus which causes Covid.

While these proteins are from the SARS-CoV-2 virus, **there is no live virus in the vaccine, and it cannot cause Covid**.

The company doesn't even use SARS-CoV-2 virus to gather the protein, instead using moth cells which have been engineered to produce it. **Moth cells are used to produce the protein**.

Each of the two 0.5ml doses contain 5 micrograms of the spike protein and 50 micrograms of an **adjuvant called Matrix-M**. An adjuvant is a compound which stimulates the immune system. It ensures the immune system picks up the protein fragments. **Matrix-M is a compound derived from the soapbark plant**. It forms part of the plant's defence against insects and is used to improve the immune response with protein vaccines.

After injection, **immune cells from our body** rapidly move to the injection site and **clear out both the adjuvant and viral proteins**.

The most common side effects:

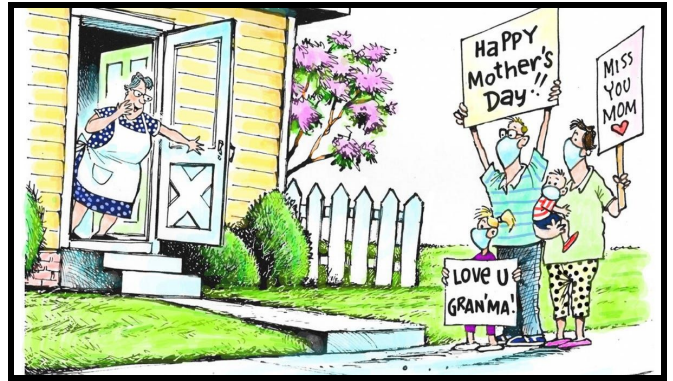
Injection site pain and tenderness, **headache**, **fatigue** and **muscle pain**. To date, **no rare serious conditions** are associated with Novavax.

While Novavax directly places the Covid spike protein in reach of the immune system, the mRNA (**Moderna and Pfizer**) and vector (**AstraZeneca** and Johnson & Johnson) **vaccines take advantage of our bodies' own protein-making systems to produce it in the body**.

Some people have been **waiting for Novavax** to get vaccinated against Covid, because of **fears about the mechanisms by which other vaccines work**.

After significant delays in production and approval, **Novavax** – the first protein-based vaccine against Covid approved in Australia – **is now available**.

Unvaccinated Australians can receive Novavax for their first and second doses, at least three weeks apart, at pharmacies, GP clinics and vaccination hubs. We can now also have **Novavax for the booster dose if we wish**.



The Australian government has recently announced a **recommendation for a fourth dose**, three months after the third, for anyone aged over 16 who is **severely immuno-compromised**.

This **includes people with pre-existing chronic medical conditions** that are more common in older people like **dementia, cardiovascular disease, diabetes and cancer**, that can make them more susceptible to severe infection as well.

Contracting Covid-19, even a mild case, can greatly **increase your risk** of developing **cardiovascular complications** for up to a year after you've recovered.

Research has confirmed that people who have had Covid have an increased risk of developing problems within the first month to a year after contracting the virus—ie **long Covid**.

Complications from having Covid include disruptive heart rhythms, **inflammation of the heart**, blood clots, **stroke**, coronary artery disease, **heart attack**, heart failure or **even death**. These conditions were found to occur even among previously healthy individuals and those who had a mild infection and **can occur in all age groups**.

So maybe - we have better choices for Covid vaccination now becoming available to protect us. Your own GP knows your medical history and is best to advise you. If you have had problems with earlier vaxes, consider Novavax.

Medical Exemptions are available, but with very strict criteria. **Talk to your GP if required**.

It is vital that we keep ourselves in as healthy a state as we can at the moment, now that **our borders are open to visitors and Covid has been let into WA.**

I am sure that you all know what **healthy foods** are - Basic meats/fish/chicken with 5 veg and 2 fruit ie **proteins** - amino acids (animal-based foods), **carbohydrates** (plant-based foods - preferably with as little processing as possible), **healthy fats** ie natural fats, (not processed trans fats, which include margarines, plant cooking oils and Omega-6 oils). Our basic foods contain mixtures of all of these and include a variety of **essential vitamins, minerals, enzymes, probiotics** etc. These keep us healthy.

As we age we may need more of these elements to maintain health and to cope with the stress and infections presently surrounding us.

So - A reminder of **some extra nutrients** that can help us cope with the onslaught, that both Vaccines and Covid can potentially have on us at the moment

Supplements to help our Immune System

Vitamin C: Vit C is very important to our immune system response and is heavily used up coping with vaccinations. Re-read my Vit C article on the NSW doctors giving the polio vaccine in the March 2021 newsletter article - **"Every Second Child"**.

We need extra Vit C twice a day to bowel tolerance, (not give diarrhoea) according to your blood group.

Blood Group	Best Vitamin C type
O	Calcium Ascorbate
B	Calcium Ascorbate
A1	Sodium Ascorbate
A2	Calcium & Sodium Ascorbate mix
AB	Ascorbic Acid - no minerals

Vitamin D: I have already written up about the levels needed for Vit D with sleep **on page 5**. It is also needed for your body to produce the exact ammunition to fight any invaders to your body.

Vitamin A: It helps the heart, lungs, kidneys, and other organs to function correctly. Particularly important for all lining tissues, so **blood vessels, lungs and breathing, sinuses, eyes, skin, gut lining** as well. **Lining tissue is where Covid attacks.**

Zinc: Adequate levels of zinc are needed in the cell to form an enzyme that **blocks viral replication**. It is also **needed to transport Vit D and Vit A** in from the gut, **around the body and into the cells**. It is also necessary for the activity of over **300 enzymes** that aid in metabolism, digestion, **nerve**

function and many other processes. **Zinc** plays a major role in regulating every phase of the wound healing process; membrane repair, oxidative stress, coagulation, inflammation and **immune defence, tissue lining** and scar repair. So it **aids in your recovery from adverse reactions to vaccines too.**

Vitamin E: It helps the immune system fight infections. It **widens blood vessels** and this helps to **keep clots from forming** in them. Vitamin E can help to combat one of the side effects of the Covid vaccine that has been reported ie damage to blood vessels and blood clotting.

Magnesium: It helps to activate certain enzymes that are important for the **repair of injured tissues**. Also many crucial roles in the body, supporting **muscle and nerve function** and **energy production**.

Iodine: - see very recent UWA research below.

Painting the skin with Iodine tincture, allows your body to **safely absorb only** the amount for all needs incl germs, thyroid function and cancer prevention.

And 3 new ones to consider.

Quercetin has antioxidant and anti inflammatory effects that might help reduce swelling, kill cancer cells, control blood sugar, and help **prevent heart disease**. Quercetin is helping with Covid.

NAC ie N-Acetyl Cysteine: An active form of the amino acid cysteine, it helps **prevent lung, heart and kidney damage** and helps heal organ damage from Covid or vaccines.

Anginine: This amino acid is converted into **Nitric Acid** in the body. This **enables blood vessels to open wider** improving blood flow around the body and to the organs. Thus it **speeds healing**, including **areas of Covid or vaccine injury**.

The University of Western Australia has found an IODINE nasal spray could be effective in reducing the spread of Covid-19

Associate Professor Peter Friedland, from **UWA's Medical School** said that "Lab experiments showed a 15-second exposure to the nasal spray reduced Covid infectivity by 99.97%, while a 60-second exposure completely eliminated viral infectivity. The trial showed that **a single Nasal iodine dose (four sprays per nostril)** reduced viral shedding at five minutes after the dose." **22/02/22**

Try **Bioceuticals Iodine Forte spray** or **Betadine throat gargle**.

Available Chemist Warehouse.



Sore shoulder, back or other joints? Written by Tessa Jupp RN

I have had a few people in with these problems lately. Before going down the track of expensive physio, specialists, scans, MRI and ultra-sound, cortisone injections or surgery - it is worth trying some simple measures first.

Hirudoid is my **first choice**. Any **sprain, twist, fall, bruise, sore patch** that is not a bone - **try rubbing with Hirudoid**. A little bit goes a long way, and you can always squeeze a bit more out if needed.

Hirudoid can be applied 4-6 hourly if needed initially. **Rub** where and **when it is sore**. Often fixed in a day



This magic cream works wonders on any soft tissue injuries.

Available at chemists.

or so for acute injuries. May take a week or so if longstanding pain. **Apply for painful or restricted movement**. Works on shoulder, neck, back, hip, leg, bumped heads, black eyes, even thumbs bashed with a hammer! Always have it in your medicine chest.

Gelatine is the next most likely solution. Gelatine is the pre-cursor for all cartilage, tendons and ligaments. It gives us our **flexibility** - if joints become tight, it hurts to move or they grate on bone. Most people **need 4 teaspoons of gelatine a day** for painful joints initially. You can notice improvement within a week and this increases quickly if you are taking enough. The easy way to get more gelatine into you is to **add it to hot drinks - coffee,**



tea, cocoa, Milo, soup or Bonox. Works better if activated by boiling water. Mix 1 or 2 teaspoons in with other ingredients before adding water and keep stirring as you drink it. When better, maintain with 2 teaspoons a day. You can of course, **eat more jellies** as well. Add an extra cup of boiling water for every extra dessertspoon of gelatine you add to make a bigger, regular jelly.

We have big economical 1 kg bags of gelatine for \$30 plus postage or you can pick up.

Magnesium for **tight muscles** should always be considered. If we are doing extra physical activity, we need more magnesium to relax muscles. Cold weather, a cool breeze (even a fan when it is hot) can tighten up muscles. This puts a strain on tendons which also tighten, causing painful areas. So often **Manganese** is also needed then to relax **stiff and tight tendons**. If you are lucky, a hot shower or bath may be enough to relax them, or need more minerals.

If you are **craving chocolate** you are **needing more magnesium**. If you are **after ginger or pepper**, you **need more manganese**.

Vitamin B6 may be needed if you are getting a **sharp twinge in a joint**, particularly knees. Vitamin B6 is needed to keep the **synovial membrane** surrounding the joint compliant. This membrane can become inflamed and swollen, making it difficult and painful to bend the joint. Try 200-400 mg mornings.

Giddiness and Nausea

These can happen if you are sick with **gastro or food poisoning**. Also with **the flu** or even **Covid**.

Sometimes there may seem no plausible reason. When you sit or stand the room starts spinning. You can fall over, collapse on the floor and even vomit.

Your balance centre is in **the ear** and there is **a link to the stomach**. When your balance is upset it can make you vomit and when you have an upset stomach it can make you giddy.

So when you feel like that, the best idea is to **stay lying down**, or at least get your head down to the floor so you can't fall and hurt yourself.

Vitamin B6 helps the stomach when we feel nauseous. The old Nurses Dictionary records the use of B6 for morning sickness. B6 is best taken in the

morning if possible, as it can cause nightmares if taken at night. But if you are giddy take it anyway. Usual dose for B6 needed is 200-400 mg. **Ginger beer, dry ginger ale** and **ginger** help with nausea too. **Manganese** helps the balance centre in the ear so helps to stabilise us. Suggested dose for WA people is 3 tabs of 20 mg elemental Manganese twice a day. **Stay in bed** until you are not giddy or vomiting.

If you have a **sore tummy** as well - it is more likely to be caused by infection. **Colloidal Silver** works very well, especially if caught early. Drink half a cup of undiluted Silver, then lie down for 10 minutes on each side and back and front. You need to rotate the silver in your stomach to be against all 4 sides for 10 minutes to kill the germs. Don't drink or eat anything else for at least an hour so it can work. The tummy pain improves in 10 minutes or so. This way works very well on **food poisoning and gastro**.

How long will food last?

written by Tessa Jupp RN

With all the empty supermarket shelves we have had lately, we may well be saying - how long is food still okay to use?

Not only may food not be available to buy, with Covid now getting a hold in WA, what if we are isolated and not able to leave the home, or in voluntary lock-down to avoid getting sick?

We have got used to looking for USE-BY-DATES, but some foods really do last a much longer time.

Our parents and grandparents had ways of preserving foods before we had fridges. These included; -

drying (meat like jerky, nuts and dried fruit),

preserves (bottled fruit and veg), **fermenting** and

cultures (pickled onions, yoghurts, cheeses, kefir),

vinegars (beetroot, salad veg), **salting** (corned beef, bacon), **smoking** (hams, fish, briskets). Some meats like salami are salted, fermented and dried.

Sugaring is another method eg jams, candied and glazed fruit, relishes, chutneys. Even fruit cake - the sugar in the fruit preserves it for years!

DRIED FOODS

Many of our staple foods are dried and will keep for extended periods of time. Powdered milks for instance, can be a good substitute for fresh milk.

Flour, sugar, cornflour and other dried flours, rice, oatmeal, jellies, gelatine, coconut, cocoa, coffee etc, will last for years in that state. Then there are the ranges of dried fruits - currants, sultanas, apricots and other stone fruit, cherries, all the nuts and seeds. We can even get dried vegetables ie peas, potato etc.



HONEY

Stored in airtight containers, honey will keep indefinitely. The same for molasses, treacle and golden syrup. Other plant syrups too, eg maple.

CANNED FOODS

All sorts of foods are canned these days. This enables us to have food available in remote areas or when out of season. We can get an assortment of meats and fish, vegetables and fruit, beans and pasta.

FROZEN FOODS

The array of frozen foods these days is enormous. As well as our common frozen vegetables and fruits, there are frozen meats, fish and chicken, milks as in icecreams, yoghurts and other puddings, pies, pizza and other frozen meals. Frozen fruit and vegetables are snap-frozen when freshly picked, so these days may be more nutritious than fresh, that has been in cold storage or on the shelf for days and weeks.

So it is time to go back to being inventive and cooking from scratch with simple plain foods like our grandparents did. How about a 'bread & butter pud' to use up stale bread, left-over eggs and milk?

Cocoa may Improve Walking Performance

"Those who drank cocoa three times a day improved blood flow to their calves and improved muscle function."

So says a study on patients aged 60 and over, from the North-western University in Chicago, which was published by the American Heart Association.

The cocoa used in the study is commonly available 100% natural unsweetened cocoa powder, which is rich in the flavanol epicatechin and is found in larger quantities in dark chocolate than in milk chocolate. Regularly eating chocolate would not be expected to have the same effect as **drinking 100% cocoa**.

This flavanol increased blood flow to the calves particularly. Abnormal narrowing of arteries can affect blood supply to the heart or brain and also commonly affects the legs. Symptoms include pain, tightness, cramping, weakness or other discomfort in the leg muscles while walking.

Researchers also found increased mitochondrial

activity, increased capillary density and other improvements to muscle health, in those who consumed the cocoa drinks.

Mitochondria are known as the powerhouse of the cell, converting food to energy. Carnitine works in the mitochondria too, giving energy from meats.

"Previous research has shown that better mitochondrial health and activity are associated with better walking performance. So improving the health of damaged mitochondria with cocoa, could lead to walking improvements by improving blood flow," say these researchers.

Cocoa is also high in magnesium, which we all need. This gives another hot drink to add gelatine to as well



Handy Hints

.... on getting old!

Organise Jumbled Up Cords

Want to keep spare computer, TV etc cords and parts untangled. Re-cycle left over toilet roll cardboard tubes to create storage holes in a box.



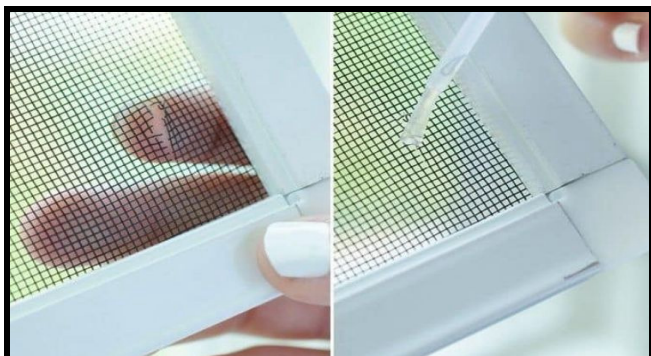
Need a funnel in a hurry?

Form cooking aluminium foil into a cone shape and problem solved! Or cut bottom off a cool drink bottle



Small holes in your flyscreen?

Quick-fix small tears in a screen with a few drops of clear nail polish. It acts as an invisible glue

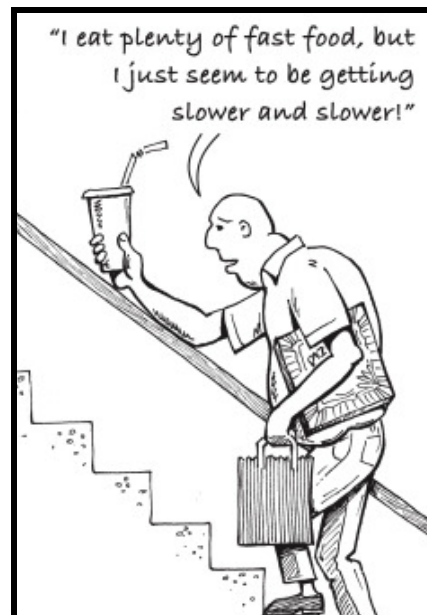


Give your shower head a bath!

Remove mineral deposits and other grime from your shower head by soaking it overnight with vinegar in a plastic bag tied over the shower head.



Found a neighbour on the stairs. He was coming down slowly but was having a hard time of it. He had a death-like grip on the hand rail and seemed to have trouble getting his legs to work right. Told him would call him an ambulance but he said - "No, not in any pain and just want to come down." So, helped him the rest of the way down the stairs and he sat for a while out in the



gardens. When he tried to return to his flat, he was completely unable to get up even the first stair step. So we did call an ambulance for him after all.

A couple of hours later, called the hospital to see how he was doing. The receptionist there said he was fine and they would be sending him home soon. The only problem was just that he had put both of his legs in the same side of his boxer shorts!

REPEL ANTS: Spray counter-tops, cupboards and any other area where you see ants with a solution of FAIRY and water. Wipe dry. The slight residue of FAIRY that remains will not be a problem at all for kids or pets, but ants hate it. Should you see a trail of ants, go ahead and hit them with the FAIRY spray.

OILY SKIN: FAIRY makes a great facial cleanser for oily skin. A drop or two combined with warm water will do the trick.

EYE GLASSES DEFOGGER: Simply rub a small drop of FAIRY on eyeglass lenses, and wipe clean. It will leave a very thin film that will prevent them from fogging up (esp with masks)

CLEANING the BATH or BASIN or SHOWER SCREEN:

Squirt FAIRY on sides of bath or screen and scrub with brush or green scratchy to get rid of soap grime.

If bending now a problem, get a long handled broom and use just for this purpose.



Thanks to the March 2022 Issue of Boca Post Polio Newsletter (USA) for funny and these dish-wash tips. They say DAWN, but it is sold as FAIRY in Australia. Other dishwashing liquids may work just as well. Try them.

POLIO CLINIC WA — MEMBERSHIP

Clinic Membership **\$ 5**
(1 July 2022 - 30 June 2023)

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