

# WA Polio Clinic Newsletter



Polio Clinic WA Inc.

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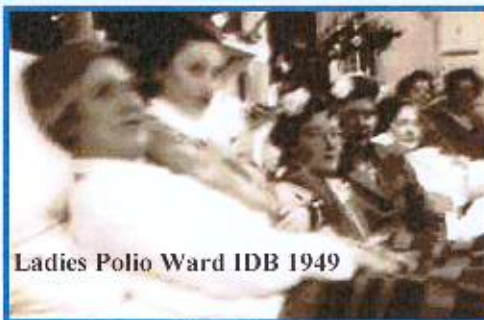
Dec 2023

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### "COVID! - It feels just like Polio!"

So said one of our members a few weeks ago, describing her recent bout of Covid. *"I feel absolutely dreadful. Pain in my spine is just like polio! Lost the use of my legs last night. Can use them just a bit this morning, but muscles soon give out. Headaches are really, really bad."*

Her husband had to wheel her to the toilet on an office chair, as she was unable to walk. She spent 5 days in bed, only able to drink water. She has new muscle wastage, is still so fatigued she can't even think straight. Her eyes became red, swollen, puffy. She has developed tinnitus, vertigo, tight chest muscles around her heart, and shortness of breath, is sensitive to light and sound. The first time she got Covid was a breeze - but not this time. Her polio legs are weaker, she is unsteady, and her legs are even thinner than before.

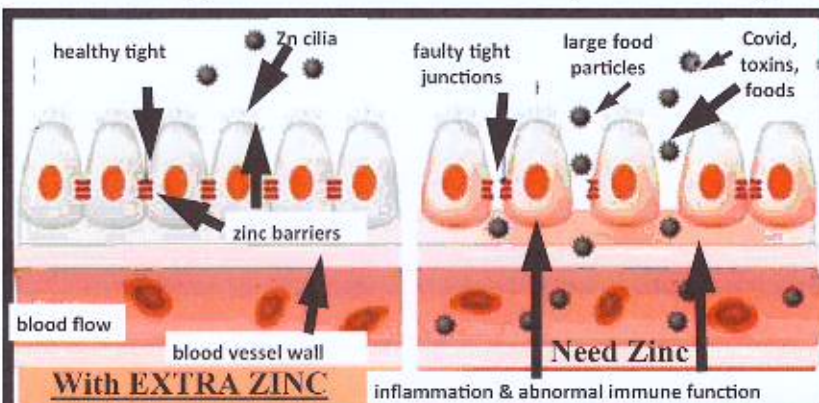


Ladies Polio Ward IDB 1949

I have heard from 3 others with Covid lately. They have not been as bad as this lady but they all caution others against getting Covid.

One thing that does help, is taking extra zinc until you recover completely. **Take 3 x Zinc 30mg, 3 - 4 times a day.**

This diagram below shows how zinc tightens the barriers between the cells so that Covid, as well as other toxins and food particles, can't get thru to cause more damage to all our organs.



## Coming Events

~~Christmas Party~~

~~12MD Sunday 3 Dec~~

**Sorry!**

**Cancelled**

**Not worth risk  
with onset of 8th  
Covid wave!**

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## CHRISTMAS PARTY CANCELLED

Sorry, but we are in the grips of Covid again. We had our AGM at the end of October and a day or so later, a member who had attended came down with Covid, and her husband followed 5 days later! We are lucky that none of the rest of us at the AGM were infected. One of the ladies who was going to come at Christmas, now has covid too. So it is off!

Please do **keep me informed** as to how you are managing, if you do get Covid.

## AGM

The AGM went well, with a small number of attendees. The Board remains the same. Our finances have increased slightly, so we are paying our way with a little to spare. Supplement sales are steady, with members appreciating the availability for their needs. We have 2 new Office volunteers helping out now too.

## We now have NEW HONEY SUPPLIERS

Thanks to info from a number of our members, we now have a few different lots of tasty honey available, including Jarrah honey.

## SUMMER HOLIDAYS

We will **close for Summer from 16 Dec**. **Debbie** will be back on **Tues mornings only, from 16 Jan** and **Tessa will be back 12 Feb**. You can email or leave phone messages **if you need help**, and I will try to catch up with you within a few days, despite being on holidays. I am not going away.

## SUPPLEMENT ORDERS

Please make sure you have enough stock to last you over our holiday period. You can get an invoice to pay later if needed.

## ARTICLES IN THIS NEWSLETTER

There is some interesting articles in this newsletter. One member has already tried the "**Holding Breath**" exercises and says she has noticed a general improvement already. There is more info on this that I will put in the next newsletter. There is enough this time, for you to at least get started on it.

I have also featured what you can do for **back pain, bladder problems** and **Summer Tips** and **food suggestions**, to get us through the coming hot summer months.

I have completed our **Basic Action series**, with useful summaries. Keep these **last 3 newsletters** to look up things to try now, or if you do develop any of the problems in the future.

Have a Happy and Blessed Christmas.

**Next newsletter will be out in March 2024.**

Tessa Jupp RN OAM

## We do still need your donations!

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

Any payments made after March 2023 we will count for the **2023/2024 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 you need. That helps us pay our monthly lease here too.

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.**

Bank details are for **internet banking** or call in at a **Bank of Qld branch** - (please add invoice number and name - or post a cheque to our mailing address.)

**BANK of Queensland - Polio Clinic WA**  
**BSB 126 577**  
**a/c 234 269 64**

## 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**.

<b>ALA - Lipoic Acid 400mg</b>	(60)	\$36
<b>N-Acetyl Cysteine 590mg</b>	(60)	\$31
<b>Quercetin 250mg</b>	(60)	\$75
<b>Carnitine 200G</b>		\$200
Carnitine 100G		\$110
Carnitine 50G		\$62
<b>Magnesium Chelate 300G</b>		\$55
Magnesium Chelate 100G		\$25
Magnesium (250 caps x 500mg)		\$40
Magnesium (75 caps x 500mg)		\$15
Manganese powder 200G		\$90
Manganese powder 100G		\$50
<b>Manganese (250 tabs x 200mg)</b>		\$40
Borax 100G		\$15
<b>Gelatine 1kg</b>		\$30
<b>Glutamine 100G</b>		\$30
<b>Taurine 100G</b>		\$30
<b>Iodine Tincture 50ml (paint)</b>		\$17
Lugols Iodine 100ml (drops)		\$35
Castor Oil eye drops		\$17
<b>Vit A (10,000iu) ring for availability</b>		
<b>Vit D3 (400 tabs x 1000iu)</b>		\$30
Vit D3 (200 tabs x 1000iu)		\$15
<b>Vit K2 (90 tabs x 180mcg)</b>		\$38
<b>Molybdenum 250mcg (60)</b>		\$28

Postage & Handling (small parcel)	\$13.00
(medium parcel)	\$19.00
<b>Express Post (small parcel)</b>	<b>\$17.00</b>

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



## Laughter is the best Medicine!



In the early days, everyone owned horses and only the rich people owned cars.

These days everyone owns cars, and only the rich own horses.

My, how the stables have turned!

A blonde stormed up to the front desk of the library and with a screaming voice said, "I have a complaint!"

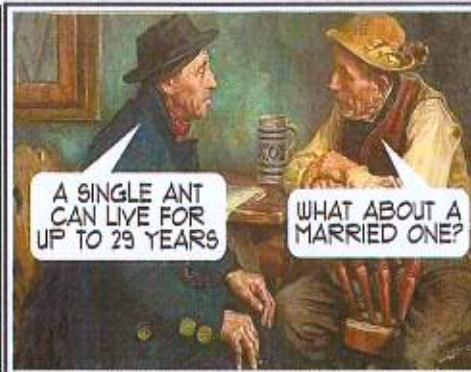
"How can I help you?" said the librarian looking at her.

"I borrowed a book last week and it was horrible!"

Puzzled by her complaint the librarian asked "What was wrong with it?"

"It had way too many characters and there was no plot!" said the blonde.

The librarian nodded and said, "Ahhh. So YOU must be the person who took our phone book."



## SANTA'S FLIGHT

The flight was crowded. Everyone was eager to get to their holiday destination, tired and frazzled from their hurried pre-Christmas preparation - ready to settle for sleep.

There was a universal groan heard when a woman boarded with a very upset 3-year old, who was crying and carrying on. They could tell mum was already at her wits end. The flight attendant walked over and asked the boy's name, which turned out to be Elias. A few moments later, a voice boomed out from the cockpit on the PA system.

**"Elias? This is Santa."**

The little boy sat up, fully focused on the disembodied voice.

"Elias, I want you to be a good boy, so I can bring you something really nice for Christmas. So no crying and no fuss, ok?"

A wide-eyed Elias nodded eagerly. And not another peep, the rest of the flight.

## How the Angel got to be on top of the Xmas Tree

Santa was getting ready for his annual trip. But 4 of his elves were off sick, and the trainee elves did not produce the toys as fast as the regular ones, so Santa was beginning to feel the pressure of being behind schedule. Then Mrs Claus told Santa that her mum was coming to visit. Oh no! This stressed Santa even more.



When he went to harness the reindeer, he found that 3 of them were about to give birth and 2 had jumped the fence and were out - heaven knows where.

Then when he began to load the sleigh, one of the boards cracked and the toy bag fell out, scattering all the toys. Frustrated, Santa went into his house for a cup of coffee.

In his frustration, he dropped the coffee pot and it broke into little pieces all over the kitchen floor. He went to the broom cupboard, but found the broom was missing!

Just then the doorbell rang and Santa cursed on his way to the door. He opened the door and there stood a little angel with a great big Christmas tree. The angel said:

**"Where would you like me to put this tree Santa?"**

And that is how the angel came to be on top of the tree.



Lambs to the left of me. Mutton to the right. Here I am. Stuck in the middle with ewe. 🐑🐑🐑



The official sports drink when I was a kid..





A quote from Jean Long in our WA Polio History book, that has been engraved on one of the decorative poles lining the footpath on Selby St, where the old polio wards were, at the RPH Shenton Park Annexe, will survive Jean for many more years now. Jean died in May this year, at the age of 95. **She has left her mark.**

\*\*\*\*\*

Jean caught polio at age 9 in Feb 1938, closing the Mt Hawthorn Primary School for 3 weeks. The first day back, fear of polio was so great that only 80 of the 200 kids there, ventured back to school.

Jean and her younger sister, Norma, ended up at IDB. Her memories include being in an unpainted weatherboard building with a red corrugated iron roof, surrounded by bush. A great-aunt had sent her a porcelain Danish doll for Christmas, but she was so sad that it was considered infected, so never returned to her when she left the infectious ward. Both of her legs were paralysed. She had been the fastest runner in her class at school, and learnt to walk again on the outside verandahs around these after-care wards. Hence her comment: ***"I had to go forward, and that's what I did!"*** that is immortalised here on this pole.

Born in 1928 on the family farm near Merredin, Jean was the third of four girls. Her mother died in 1931, just months after the birth of her last child. Due to the Depression they had to leave the farm, moving to Perth, where Jean's grandmother helped to raise the children. If there was ever any trouble, Jean always got the blame. Determination had Jean walking again after a year. Going for therapy in the city by tram, Jean and Norma chose to walk home to Mt Hawthorn, so that they had money to buy themselves ice-creams.

In her teens, Jean went to Perth Girls School in East Perth, before getting a job making suitcases at a manufacturing business. She would draw pictures on the inside of the case before pasting the inside paper lining on, to cover her drawings. She also worked at the local Milk Bar in Bayswater on weekends, here meeting Peter Long. She married him at 17 and they had 5 children, building their home at Bayswater.

Back in those days, Jean had a wood stove for cooking and a wood-fired copper for washing clothes. She sewed and knitted all the kids clothes. Jean bred chickens, prepared them for sale, wrapped in brown paper, tied with twine, walking a mile to Bayswater train station to take them to a butcher in West Perth to sell, with a baby in a pram and a little tot alongside. She did the bookkeeping for Peter's business and was involved in all the children's sports and other activities



There were many holidays at the beach, including Quinns Rock, Garden Island & Esperance, camping in a huge ex-army tent. Later Jean bought and sold land properties, including a plot near Shark Bay, that they put a house on, and spent many months there, relaxing and fishing.

Undeterred by her disability, Jean played tennis, Ten-Pin Bowling, tried water skiing and horse riding. Hobbies included pottery and ceramics, and she was a fervent gardener. She even volunteered at the Kings Park Herbarium potting native plants. She was a volunteer at the Blind Society, PMH, CWA, Bayswater Historical Society and received a Community Citizen of the Year Award, that included knitting Layettes for prem babes at King Edward Maternity Hospital. Peter and Jean travelled Australia and the world, and after Peter died in 1990, Jean had a new house built in Kiara, living there for 20 more years. She was finding walking more difficult and fell at the shopping centre, breaking a hip. Her family talked her into giving up driving, but she continued walking, leaning heavily on a walking frame until her shoulders gave out with the strain.

After several more falls, Jean reluctantly moved into a care facility as she knew she needed full time care. She had a small area outside her room where she had some pot plants and could sit in the sun and read. Post-polio had caught up with her. Jean's legs were no longer working and she became confined to a wheelchair. Not one to give in, Jean would wheel herself out to her little patio area, carrying a jug of water on her lap to water her plants. Family members visited often, taking her for family picnics or out for dinner.

Jean's oldest daughter, Janet, had made contact with us in 2002 and has been getting our newsletters. Jean had recorded an oral history interview for us for our WA Polio history book and has had parts of her polio story mentioned. Janet contacted me to say Jean was very frail and Janet has provided more of Jean's story here for us



Jean leaves 5 children, 16 grandchildren, 32 great-grandchildren and 7 great-great-grandchildren.

What a legacy!



# The Power of Holding your Breath!

by Tessa Jupp RN OAM

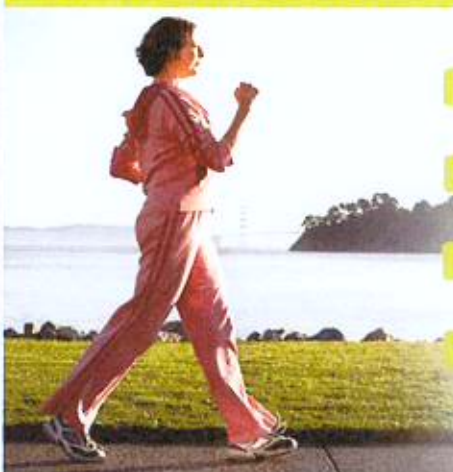
I have had people over the years, and recently - say that they feel that they can't breathe enough air in!

This is known as "air hunger". It can cause **frequent yawning** or **sighing** to try to get more air in. When breathing muscles are weak from polio, it is easier to breathe with the wind blowing or in front of a fan.

But there is a way to improve this - **by holding your breath!**

Doing this a few times a day, retrains our sub-conscious breathing to give us more oxygen. It can be done sitting, lying in bed or even when you are out walking!

## WALKING BREATH HOLDS EXERCISE



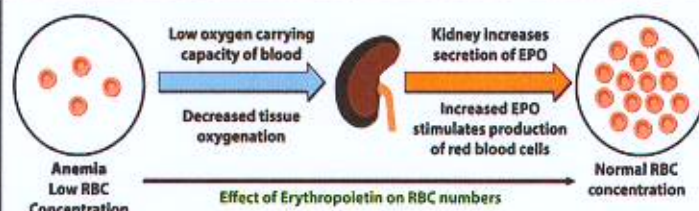
- STEP 1**  
Exhale and hold the breath out
- STEP 2**  
Count how many paces you can do before you need to breathe
- STEP 3**  
Breathe until you return back to normal breathing
- STEP 4**  
Repeat (Keep doing this 4-12 times)

### HOLD BREATH EXERCISE

1. Normal breath in and out, through the nose,
2. Hold breath whilst counting the seconds till you really need to start breathing again.
3. Resume normal breathing
4. Holding less than 25 secs is poor. 25 - 40 secs is good. 40 secs - 2 mins even better!



Within a few minutes of doing this practice, you can actually **boost** the amount of **red blood cells** in your blood and your **haemoglobin** levels so that your blood can now **carry more oxygen by raising your CO2**.



Oxygen is taken into our lungs, transferred to our arteries, delivered to all cells of our body – to brain, gut, heart, liver, bones, skin, hormone-producing glands, **muscles**, and so on – so that the **mitochondria** in those cells can **produce energy**, and so that those cells can do their job.

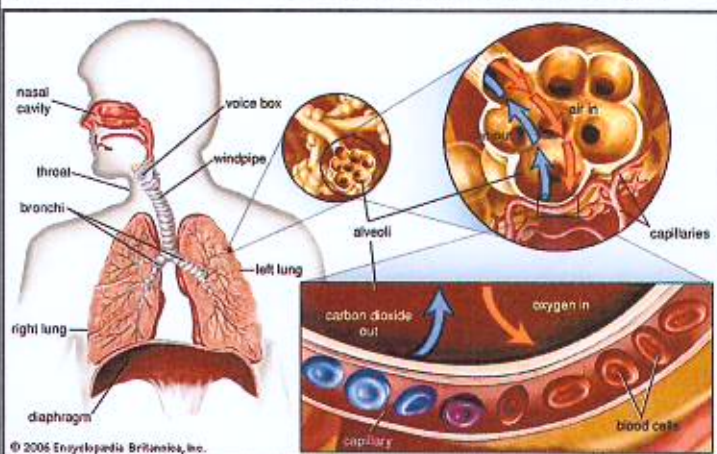
When oxygen is not being efficiently or effectively delivered to those cells, those cells produce much less energy. When the trillions of cells in your muscles, etc are not producing enough energy, they don't do their jobs well.

Brain cells not performing well leads to a poor performing brain. **Muscle cells** with an energy deficit, lead to **poorly performing muscles**. Same for heart cells, liver cells, thyroid gland cells, and so on.

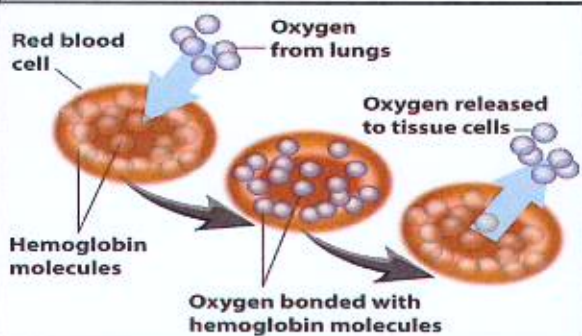
So getting oxygen to your cells is critically important. And keeping **higher levels of CO2** (rather than exhaling too much) is critical for getting that O2 to your cells.

**CO2 helps O2 get into your cells.**

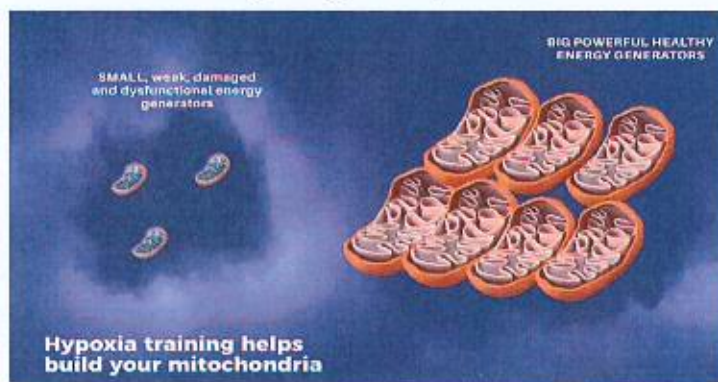
Higher CO2 expands alveoli in lungs so more O2 gets in to bind with haemoglobin in red blood cells.



CO2 on the rbc is needed to exchange getting off, for the O2 to get on. The same for entry to tissue cells.



More CO2 is made when energy is made in the mitochondria of cell.





# Basic Action of other Nutrients

by Tessa Jupp RN OAM

As with vitamins and minerals, we are intended to get the assistance of these other nutrients from our foods and in our diet. They each help body function in various ways. Some will work for some people, others will not. We need to find what is compatible for each of us, and learn how to get that needed benefit.

I have written larger articles on most of these. Look up on our website or contact me to be sent hardcopy.

ITEM	WHERE FOUND	MAIN ACTION
<b>Carnitine</b>	Red Meat, Avocado	Amino Acid, muscle energy production, lessens fatigue
<b>Castor oil</b>	Castor beans	Anti-inflammatory, regeneration, cataract prevention
<b>Chocolate</b>	Cocoa beans	Anti-inflammatory, mood enhancer, magnesium source
<b>Coconut Oil</b>	Coconut tree	“Tree of Life”, energy, healing
<b>Cornflour</b>	Corn cob	Stops itch & friction, heals skin rashes & burns
<b>Gelatine</b>	Animal collagen, jelly, soup	Renewing cartilage, tendons, bones. Stops joint pain
<b>Ginger</b>	Ginger rhizomes	Anti-inflammatory, nausea, manganese source
<b>Glutamine</b>	Plant & Animal proteins	Amino acid, reduce stress, mental clarity, peps up, heals
<b>Hirudoid cream</b>	Chemist	Anticoagulant, restores function, heals soft tissue injury
<b>Honey</b>	Bees from pollen	Natural antibiotic, heals wounds, natural sweetener
<b>Lipoic (ALA)</b>	Red meat & vegetables	Anti-inflammatory, kick start general recovery
<b>Nuts</b>	Tree nuts	Dietary fibre, nutrient rich
<b>Pumpkin Seeds</b>	Pumpkins	Anti-inflammatory, regulate bladder, stops joint pain
<b>Q10 (Co-enzyme)</b>	Meat & fish	“Spark plug” - ignites energy
<b>Silver (Colloidal)</b>	Silver liquid suspension	Natural antibiotic, kills 1-celled organisms, heals
<b>Sodium Bicarb</b>	Mined rock	Reflux, alkaliser, antacid, to make cakes rise!
<b>Taurine</b>	Beef & dark meats	Amino acid, detox liver, repair retina of eye
<b>Turmeric (curry)</b>	Rhizomatous plant	Anti-inflammatory, stops joint pain
<b>Tyrosine</b>	Meat, fish, nuts, seeds	Amino acid, helps thyroid & adrenaline, energy
<b>Vicks VapoRub</b>	Shops	Cough suppressant, analgesic action

## Carnitine

We have done local research on the need for extra carnitine for polios since 1994. It helps with **fatigue and muscle strength** and energy, by transporting protein into the mitochondria of muscle cells. It also helps with heart function, **repairs nerves**, assists with diabetes and brain function.

## Castor Oil

Has many uses. Stops advancement of **cataracts** and treats dry eyes as eye-drops. Prevents infections. As a rub, relieves joint and muscle **pain**, restores flexibility, regenerates skin, hair and nails, heals rashes, cracked heels and dry feet, thickens hair, treats dandruff. Taken orally, relieves **constipation** and mouth ulcers. Rubbed on eyelids **enhances sleep**.

## Chocolate - must be Dark! or as Cocoa

A **source of magnesium**. Protects heart and brain. Fights coughs and colds. Boosts mitochondrial energy production. Lessens hunger and blood sugar, improves sleep quality. Enhances and lifts mood and enjoyment.

## Coconut oil

Known as the “**Tree of Life**”, raw coconut oil regenerates cells and nerves. As a short-chain fatty acid, it boosts energy production, with “good fats” and has no cholesterol. It is good for heart, brain, thyroid, skin, immune function and insulin sensitivities. It has **anti-viral, anti-fungal and anti-bacterial properties**.

## Cornflour

Must be made from real corn or maize, not from wheat. Dusting with corn-flour, can **stop itches**, bites, burns, sunburn, scratches, stings, blisters, rashes, from hurting **within seconds!** It heals nappy rash, stops the **friction of skin rubbing on skin**, or **feet sticking in shoes**. Calms burns from radiation treatment. Use as a dry shampoo to soak up oil in hair and as a deodorant. Can even be used as an **egg substitute** in cooking.

## Gelatine

I have written lots on gelatine. It is needed as a covering for all cells and is the precursor for **cartilage, bone, tendons, spinal disc**, nails. It takes pain out of joints, arthritis, back pain. Dissolve in hot drinks daily.



# Basic Action of other Nutrients

by Tessa Jupp RN OAM

## Ginger

Despite being a warm climate plump rhizome like turmeric, ginger can survive just below freezing point and so is **suites to A and B blood groups**. It is the anti-inflammatory of choice for those blood groups, **rather than turmeric, cumin or curry**.

**Ginger calms.** Is good for **aching muscles, tendons and joints**. It helps muscles absorb glucose for energy. An old remedy for **nausea and upset stomach**. An anticoagulant, so **thins blood**. **Decreases stress**. Can use chopped or as powder. Add to savoury dishes as well as in cakes and drinks - ginger tea, ginger ale, etc.

## Glutamine

An amino acid in powder form. **Reduces stress** and anxiety. Helps **clearer thinking** and better mood. **Helps heal body**, including **gut lining** and sore muscles. Aids immune system (wbc). Reduces sugar cravings and blood sugar. **Major neurotransmitter**.

## Hirudoid

A cream or gel that is great for **restoring function and fixing pain from soft tissue injuries**. Works for bruises, bumps, falls, sprains, strains, twists - by reducing blood clots and repairing cells. Great for head, neck, shoulder, back, buttocks, legs, ankles and feet. Even **fixes stiffness and pain** from sitting in draughts! Buy at local chemists. Always have **at hand**.



## Honey

A **natural antibiotic** and antiseptic. Unprocessed honey retains its powers for hundreds of years. - A good source of vitamins, minerals and enzymes. Good for wound, **ulcers** and burns healing. Also for coughs, colds, **sore throat**, cold sores, herpes, chicken pox and shingles. Heals gut lining and skin. Is a **natural sweetener** and **substitute for sugar**.

## Lipoic Acid (ALA)

A **“kick-starter”** to restore normal function in the body. Reduces inflammation and mitochondrial degeneration. **Detoxifies**. Boosts Vit C and E levels. Activates glutathione and protects the brain. Works with carnitine to **stop nerve damage**. Relieves pain, itching, tingling, prickling, numbness and burning.

## Nuts — Tree

Good source of **dietary fibre and nutrient rich**. **Brazil nuts** provide **selenium** so are good for thyroid function. Pecans are high in zinc. Walnuts, Hazelnuts and **Macadamias** are high in **manganese** so good for tendons and joint problems as well as for the heart. **Almonds** have a little **arsenic**, but so do root veg, rice and fish - just don't eat too many!

## Pumpkin Seeds

Anti-inflammatory and anti-oxidant properties. These seeds contain many useful nutrients and traditionally **assist bladder** and kidney. They can kill parasites and reduce arthritic pain. **Better sleep** by alleviating pain.

## Q10 - Coenzyme

Q10 is like the **“spark plug”** needed for energy to ignite. It is found in **all cell membranes** in the body but our production declines as we age. Particularly needed for all important organs so good idea to top up. Also depleted 40% by cholesterol-lowering drugs.

## Silver (Colloidal)

Natural **antibiotic**. Stops 1-celled organism being able to divide if in contact for 10 mins and promote healing. Useful for **food poisoning** and gastro, sore throats and to **calm a cough**. Can treat **infected eyes and sores**.

## Sodium Bicarbonate

Alkaliser so useful for **reflux**, urinary **infections**, itchy skin, sunburn, as a **deodoriser**, a toothpaste or as a mouth rinse, particularly for chemo patients.

## Taurine

An amino acid needed for healthy **liver** function. Also for the **retina of the eye** including macula degeneration. Reduces cholesterol and improves muscle fatigue. Helps with brain, heart, hearing, diabetes.

## Turmeric

A popular anti-inflammatory but better suited to **O** and **AB blood groups** or where **curry** is a traditional meal. It is anti-germs and stimulates the immune system. There is a **danger of liver damage** with overdosage.

## Tyrosine

Another amino acid. **Needed with iodine** to make **thyroxine in the thyroid**. Usually get enough as in meat, fish, eggs and cheese. A transmitter in the brain and helps nerves to communicate. Needed for adrenaline, **reduces stress**, helps energy in muscles and increases mood. Needed for **dark colour in hair and eyes**.

## Vicks VapoRub

Vicks contains camphor, eucalyptus and menthol, which makes it a **cough suppressant and analgesic**. Good for coughs (rub on soles of feet or inhale), **ear aches** (on cotton ball in ear), **headaches** (rub on temple), **muscle aches** (improves circulation), **bruises** (breaks up bruising with a pinch of salt), bug repellent - **ward off mosquito bites** (a dash on your skin or a dab on a nearby surface).





# CAUSES OF BACK PAIN CAN VARY

by Tessa Jupp RN OAM

This is an article by **Dr Kendall Snyder** from the Mayo Clinic, from the **SECOND TIME AROUND** newsletter of **Florida Post Polio** - for Feb 2023.

These are common causes and I have added some pics and the ways we usually address these issues successfully at our WA Polio Clinic.

**Q: It seems that everyone I know has some type of back pain.** My husband and I both suffer from back pain but mine is a dull ache at the end of the day while he seems to have shooting pain. Why are our backs so susceptible to pain? When to talk with a doctor?

**A: Back pain** is extremely common, so you and your husband are not alone. About 80% of adults in the U.S. will experience low back pain at some point. Your back is made up of 30 bones stacked in a column surrounded by muscles and ligaments. Nearly every movement you make involves your back. The constant movement and support mean that your back is susceptible to strain and stress. Not all back pain is the same. Occasionally, a person with back pain can pinpoint the exact time it started, like when attempting to lift a heavy object or after a fall. More commonly, no specific trigger or event led to the pain. Here are the most common causes and description of back pain.

**Muscle or ligament strains:** Muscle or ligament strains are usually caused by a single event, such as using poor body mechanics to lift a heavy object. **Strains** feel like a sudden stabbing, localized pain. The pain worsens when you contract the muscle or twist. Redness, swelling and bruising can occur. People may state that they have "thrown out" their backs. In most cases, they have a muscle or ligament strain.

**Osteoarthritis:** Low back pain often is caused by osteoarthritis, the most common type of arthritis. Arthritis can lead to a narrowing of the space around the spinal cord or nerve roots, known as **spinal stenosis**. It occurs most often in the low back and neck. When this occurs in the low back, common symptoms are pain in legs, tingling, numbness and weakness. If the neck the problems are in hands, arms.

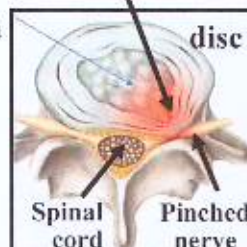
**Bulging Disc:** Discs act as cushions between the bones or vertebrae, in your spine. The material inside a disc can bulge and press on a nerve. This is called a bulging disc. Pain usually occurs in the low back and redness into the hips, buttocks or legs. It often is worse with activity and feels better when resting.

**Herniated disc:** A herniated disc results when a tear in the outer layer of a disc allows some of the inner disk material to protrude. Herniated discs also are called ruptured discs or slipped discs. Compared with a bulging disc, a herniated disc is more likely to cause pain and is more likely to irritate nerve roots. Depending on where the herniated disc is, it can result in pain, numbness or weakness in one or both legs. These symptoms usually affect only one side of the body.

**Sciatica:** This is named after a sciatic nerve, which is the largest nerve in your body. It most commonly occurs when a herniated disc, **bone spur** or **spinal stenosis** compresses part of the nerve. Sciatica is a sharp, shooting pain that runs from your low back down the side or back of your leg. Typically, sciatica affects only one side of your body.

**Degenerative disc disease:** As you age, the discs between your vertebrae begin to shrink and lose their softness. This narrows the space between the vertebrae and can make your spine less flexible. Degenerative disc disease does not always cause symptoms. If it does, symptoms vary widely.

Generally, pain comes and goes over a long time. It may feel better when you change positions or walk, and worsen when you sit, bend or twist. Most low back pain – even when severe – goes away on its own in six to eight weeks with self-care, such as resting from heavy lifting, applying heat or ice, using over-the-counter pain medications and stretching. Physical therapy can provide tremendous relief from back and limb pain. Oftentimes, people do not need more treatment. If your back pain occurs after a fall or another injury, seek medical attention.



## POLIO CLINIC WA ANSWERS

**Magnesium** for tight pinching muscles and cramps (including anal cramps - your back passage)

**Manganese** for stiffness, tendons, ligaments, strains & sprains

**Gelatine** to rebuild discs, tendons

**Water, fluids** to hydrate discs

**Vit B6** to repair trapped nerves, and to reduce swollen synovial membrane around joints

**Borax** to rebuild bony vertebrae

**Hirudoid cream** to rub on strains, sprains, twists, muscles, tendons, painful soft tissue areas, buttocks, bruises, shoulder and neck pain

**Fish oils, coconut oil, emu oil** to lubricate synovial fluid in joints

**Pumpkin seeds** for painful hip and shoulder areas from lying on these areas when asleep

**Jarrah honey** for bed sores and ulcerated sores and infections

**Vit B2 and Vit E** for varicose veins and haemorrhoids

**Vit B1 and B6** for swollen feet, ankles, legs, or sharp nerve pain in peripheral neuropathy

**Vit K2 and Vit C** for peripheral vascular disease in legs, causing plaque to narrow arteries in legs.



# "Bladder Problems"

by Tessa Jupp RN OAM

I have had a few people complaining of bladder problems again. As we get older and muscles get weaker, we may have problems with **leaking urine**, not being able to go, or having to go too often, **pain** or **burning** when you do go. These days we could have **Long Covid** changes to kidney and bladder function.

Or it may be a consequence of **drugs prescribed by the doctor**; like some **blood pressure meds**, diuretics, anti-depressants, anti-psychotics, sedatives, **HRT**, **NSAIDs**, hayfever drugs, eye drops for **glaucoma** and **nasal sprays**; or treatments for cancer, like **chemo** and **radiation**.

Sometimes this may be **caused by foods we are eating**; processed and **acidic foods** like citrus, spicy foods, tomato, onion, prunes, alcohol, soft drinks and coffee can all cause irritation to the bladder lining. Dairy foods such as **milk**, cheese, yoghurt, ice cream and even kefir, are also **common bladder irritants**.

**So what foods help heal the bladder?** Red meats, pork, chicken, eggs, stone fruit, apples, bananas, berries, potatoes, green veg, root veg, salad veg, whole grains, nuts, dark chocolate, teas. Basically, **real foods that we cook from scratch** or **eat raw**.

A traditional remedy that works for the bladder is **pumpkin seeds**. They have been found to **strengthen bladder** tissue and help the bladder expand and contract. They also contain tryptophan, which promotes **restful sleep**. Best way is munching a **handful before bedtime**. Pumpkin seeds help the bladder and you, relax for a good night's sleep too.

**Carnitine** helps bladder muscles too, **strengthening** them and giving stronger urine flow.

**Glutamine** also helps to **repair the bladder lining** and maintain its flexibility to expand and contract.



## Urinary Tract Infection (UTI)

What if it is a UTI?

### You are likely to have:

- a strong urge to urinate more often
- a constant, dull pain in the pubic region
- pain when urinating
- cloudy urine or blood in urine
- smelly unusually unpleasant urine
- back pain
- feeling of unwell
- may be confused, depressed
- aggressive behaviour, paranoia

If you have these symptoms, you need to see your doctor to get **antibiotics**. Otherwise the infection can spread to the kidneys. **Older people** are more likely to **become confused** as the immune system is not working as well as when we were younger, and the infection then can cross the brain barrier.

We are more prone to infection anywhere in the body when our **potassium levels are low**. But you need a doctor's script to buy potassium now, so the only way to get more potassium is from our diet. The best source is just under the skin of potatoes. So boil up potatoes and drink the water boiled in, or make **potato soup**. Other veg will give some, so throw them in as well. Other good sources are **apple** or **lemon juice** and **apricot nectar**, as well as **bananas**.

**URAL** is a **urinary alkaliser** that can be bought in supermarkets or chemists. It is used to relieve the symptoms of UTI or excessive gastric acid. Ural works to **reduce the burning sensation** when passing urine, if you catch it early enough.

**Ural can improve your breathing** as well. When we become too acidic, we breathe rapid shallow breaths. Ural makes us more alkaline so restores the balance. Ural is a pleasant tasting fizzy drink—and works.

## BEST FOODS to AVOID PROBLEMS

Going back to the foods we had as kids and how we cooked and ate them is probably the best. **Traditional foods** varied in different parts of the world, and we need to look at our own families to see what we are programmed to eat. If your ancestors were European, there were basic meats, fruit and veg, often grown in our own backyards. Variation may have been Italian, German, Irish, Scottish, English and so on. Or you may have had, Chinese, Thai, Indian, African ancestors. **What did they eat and how was it cooked?**



If we had lots of the foods listed above as causing bladder difficulties, we may need to look for **food alternatives**. There are lots of **milk alternatives** around these days, but **avoid Soya** and any with added calcium. You could make custards and Mornays with **oat or coconut milk/cream**. Also use for scrambled eggs, rice puddings, Quiche, bread and butter pudding, porridge, coffee, tea, cocoa. But **avoid cheesy dishes**.

**Sugar is another food that can aggravate**

**infections**. If we are craving sweet foods, we need more Vit C. Sugar and Vit C use the same absorption sites and if we had no sugary foods, the only sweet food would be fruit, which would give us Vit C!

So **sugar alternatives** are **fruit and honey**. Adding a touch of lemon juice to honey, will get rid of that cloying taste. But they do still have some sugars so don't have too much

**Grains** can be a problem too.

Wheat is the worst as it has been hybridized. **Spelt** is an ancient grain so maybe okay. Otherwise try rice, corn, arrowroot, **potato** or nut flours, to blend or bake.

**Good old-fashioned meals include** - soups and stews, **salads**, cooked meats - hot or cold, **potato salad**, **coleslaw**, barbecues, grills, fish, **baked meat and veg**, meat and fruit pies, patties, egg dishes, mince options, stewed fruits, **fruit salad**, **jellies**, fruit in cakes.



# Hot Weather tips for Summer

by Tessa Jupp RN OAM

Summer is here early and we are probably in for a long hot summer with plenty of bushfires!

## Summer Foods

We don't need energy to keep warm in summer, so we don't need to eat as much. A good time to lose a bit of weight with lesser portions. We don't want hot stoves and ovens going that heat the house up - so **cold salads and meats are a good idea**. Just better to cook our own cold meats and fish, etc, rather than processed meats, with extra salt and preservatives.

**Barbecued foods** are a way to do the cooking outside

**Pre-cooking** allows us to make foods like boiled eggs, Scotch eggs, rissoles, fish and other patties, and rice dishes. There are **salads galore** - potato, rice, pasta, noodles, leafy greens, coleslaw, Caesar, Greek, egg, cheeses,

avocado, cauliflower, broccoli, tossed salads - throw in whatever you like or have on hand.

A favourite of the Jupp family was a bowl of cut up **tomato, cucumber and onion**



(and anything else) **soaking in vinegar**, that was ongoing and regularly topped up with more. Added to this was always assorted home-made pickles, pickled onions, beetroot, gherkins, chutneys and relishes. To say nothing of all the different sorts of **fruit salad** you can make! And what about - **jelly**, trifle, tarts, mousse, custards, cheesecake, sorbet, crumbles, ice cream.

**If cooking vegetables**, like potatoes, remember to **keep the water** they cooked in, as a useful source of extra potassium for hot weather.

## Potassium top-up needed

If hot weather leaves you faint and **drained of energy**, you need an extra **potassium pick-up**. Cold soups or vegetable smoothies (or just drink the cold veggie water—tastes good when you need it!). Other **refreshing drinks** for more potassium are **lemon or apple juices, apricot, prune, carrot, tomato and orange**. Foods high in potassium include **potatoes, dried apricots**, sweet potatoes, **banana**, raisins and avocado. A favourite of mine is a quarter glass of **apricot nectar** (Ardmona has a 400ml tin) then fill the glass up with **dry ginger ale**. A good pick-me-up.

## Urinary Tract Infections

I have already covered these on **page 9** but they can be more prevalent in summer because when we sweat we lose potassium and other minerals in our sweat. So it is a good idea to follow the **Potassium Top-Up** info above to keep good levels. We are more prone to **any infections** if our **potassium levels drop**.

## Keeping Cool

When I was a kid we didn't have an air conditioner or even electric fans. I remember having to stand beside my grandmother to fan her with a **hand fan!** If we are out and we are **wilting** or **overheating**, we still have that option. We can make a **temporary fan with a newspaper**, piece of cardboard, a leaflet, anything we have to hand. Even temporary relief lowering your body heat, can save you from the dangers of **heat exhaustion**.



## Sunshades and Umbrellas

My grandmother had floral umbrellas for summer and darker ones for winter. I need to stay out of the sun and **hate** wearing a **hat** as they are tight and confining on my head. So I too have lots of "**sunshades**".

A large one gives me more sun protection and enables me to wear cooler, sleeveless, collarless dresses and tops. The more uncovered areas of our body we have, the more internal heat we can get rid of.

My mother used to get a **cold wet cloth** and put it on her **wrists and neck** to cool her down. If you can wipe a **wet cloth** on your **face, arms and legs**, and **stand in front** of an electric **fan**, that works well too.



## Hot Nights elude Sleep

When even the nights are hot, we need to **cool down to sleep**. A **cool shower** or a **tepid bath** lowers our core temperature. If still too hot and no breeze, a small fan beside the bed may make all the difference.

## Muscle aches from sitting in draughts

If trying to get cool has caused muscle tightening, you have **sat** on a chair, stool or car seat **awkwardly**, or for any other bump, strain or sprain, a bit of **Hirudoid** cream, applied sparingly when paining, soon works.

## Heat Rash

If moist skin rubbing in the creases, causes sticking or **red rash** and **irritation**, dusting with **real cornflour** (made from corn or maize - not wheat) will give instant relief and heal in a day or so. Good for nappy rash too. Works for sunburn, any burns, bites, scratches, itches. Dust cornflour inside shoes too, to stop feet sticking.

## Sun and headlights too much glare?

You are low on **Vitamin A**. Good quality Vit A in short supply, but we have managed to get some from USA that works. TV, Computer and phone **screens rob us of Vit A**. Eyesight deteriorates and our colour vision and edges fade. **Night driving** becomes a problem. Protect eyes from glare with **sunglasses** but **more Vit A needed**. More likely to develop **sinusitis, dry eyes and dry skin**. Makes us more prone to **acne and warts**. Also to **whooping cough and measles**.

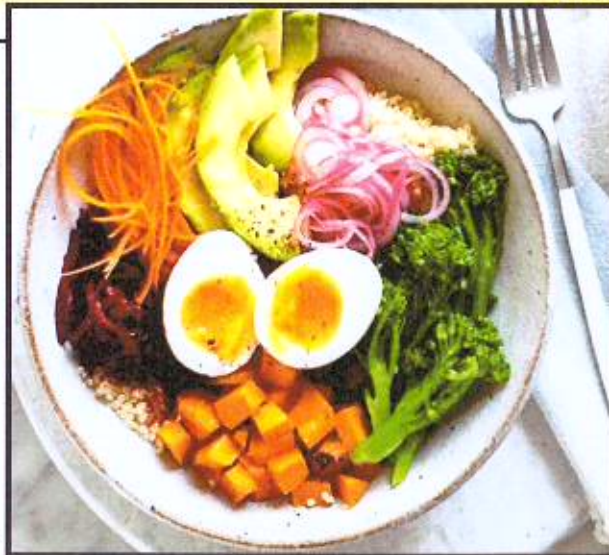


# "Eggs - the all-round meal!"

by Tessa Jupp RN OAM

This is what my aunt, who was a ward sister at IDB during the 1948 Polio Epidemic, used to say. There is so much good nutrition in eggs!

I have been asked lately for some suggestions as to what people can eat that will keep their blood sugar down and provide quick easy meals, rather than present-day highly-processed foods.



Whilst polios will manage much better, with at least one meal a day eating red meat, we can use eggs as the protein needed with other meals. Each meal should have a balance of protein (animal) and carbohydrate (plant) foods. **Red meats** and **avocado** are our best sources of **carnitine muscle energy**. But proteins for other meals can include, chicken, fish, eggs, cheese and other dairy foods like milk, cream and yoghurt.

Too much dairy can cause cramps and muscle aches from more calcium and some people have problems with gluten, wheat and other grain. So we may need alternatives for these foods, but - **we don't need an alternative for eggs!**

## **No - the cholesterol in eggs is not bad!**

That notion was reversed 20 years ago. Egg yolks are naturally **high in HDL cholesterol**, the "good" kind that transports LDL, the "bad" cholesterol, out of the body. **So eggs do help us.**

Eggs actually improve insulin resistance, protect eyes, are heart healthy, boost immunity and mental health, and fuel muscle recovery.

Eggs contain protein, plus Vit A and carotenoids, Vits B1, B2, B5, B6, B12, D, E, biotin, folate, choline, omega-3, and the minerals: potassium, magnesium, phosphorous, iron, selenium, zinc, iodine.

**Eating 2 eggs a day** is recommended for good nutrition. The Heart Foundation now places **no limit on egg intake**.



There are many ways to use eggs. Poached, boiled, scrambled, fried, in omelettes, quiches, frittatas, and soufflés. In cakes, scones, pancakes, mousse, mayonnaise, custards, meringue, pavlova, marshmallow. To bind rissoles and patties, in sandwiches, puddings, drinks — the list is endless.

I'm sure you can find lots of traditional and new ways, but here are some recipes of old favourites that you can try.

## **Vegetable Patties**

An easy veg and protein snack to eat hot or cold and eat on the run or when out.

Whisk 1 or 2 eggs with a dash of milk or milk alternative. Add left-over mashed vegetables or mixed frozen veg, chopped onion, mixed herbs, salt & pepper to taste & enough SR flour, (or spelt, cornflour or arrowroot) to bind in a dough. Fry in a little coconut oil or butter, turning when browned. Serve on own or with any other meats, eggs or cheesy foods.

This is a variation on corn fritters.



## **Scotch Eggs**

Can be for any meal. Great picnic or on-the-run snack, hot or cold.

A variation on boiled eggs. First boil your eggs and peel when cold. Using mince or sausage meat to which you have added herbs of choice, seasoning, and finely chopped or dried onion pieces, roll into a largish ball, enough that flattened will wrap tightly around the boiled egg, which has been first dipped in a flour of choice. Dip the egg-containing meatball in flour again, then in whisked egg mix, then in breadcrumbs or more flour, if avoiding breads.

Fry or bake without burning, turning often for about 10 minutes. Can be eaten on own or served with salads, mashed potato, other veggies, chips, etc.



## **Bread and Butter Pudding**

An old favourite of Mum's and mine. If you had chooks there was always plenty of eggs. I use about 6 eggs for this size dish and enough milk (or milk substitute) to come at least half full. Butter slices of stale bread cut in half. Use whatever bread you usually eat. Delicious with fruit loaf or hot cross buns. Otherwise can also spread bread with marmalade or jam and throw in currants or sultanas. Bake in moderate oven for 30 mins.

This recipe, eggs and milk sweetened to taste, can be used, without the bread, to make egg custard, creamy rice pudding, macaroni cheese and any other variation you like!



## **Eggnog or Egg flip**

A typical nursing treat for poorly patients, (that we loved to have too!) We whisked raw eggs and milk together with any left-over fruit from the day, ice-cream if available, spices like cinnamon and vanilla and a sprinkle of nutmeg on the top. We used to add Pentavite (a multivitamin) and sometimes the Ward Sister gave us brandy for certain patients!





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