

Series information

Title: Understanding Your Health
Producer: Alan T Raby
Station: Hobart FM, Tasmania

Synopsis:

Two GPs who are members of the Australasian College of Nutritional and Environmental Medicine (ACNEM) are keen for patients to be more informed about their illnesses and actively involved in their treatment. After becoming GPs they undertook extra study in nutrition, diet and lifestyle changes that can improve recovery from illnesses.

In conversation with Alan Raby, they share patient case studies and talk about some of the specifics of a healthy diet, nutrition, and supplements. Each episode deals with a different condition that they deal with most frequently in their practice.

Alan consulted both these GPs when he was dealing with prostate cancer and chronic lymphocytic leukaemia (CLL).

Opening Dialogue:

This is UNDERSTANDING YOUR HEALTH with me, Alan Raby.

Closing Dialogue:

You've been listening to UNDERSTANDING YOUR HEALTH with Alan Raby, a programme made at Hobart FM for the Community Radio Network with the financial assistance of the Community Broadcasting Foundation. For website links to the speakers and other useful information go to hobartfm.org.au and look for "Your Health."

EP 1:	Obesity and Diabetes
Interviewee:	Dr Sally Chapman MBBS, FRACGP
Synopsis:	With regular blood tests, plus Insulin and other tests you can tell whether you are insulin resistant or even pre-diabetic. With the right attitude and a range of changes in nutrition, diet and exercise, people with Type 2 diabetes and obesity can be cured over 1 to 2 years.
Duration:	5 min 38 secs

EP 2:	Integrative cancer healthcare
Interviewee:	Dr Greg Schwarz has a Bachelor of Medicine and Bachelor of Surgery (UTAS); Master of Science (Environmental Management) UTAS, and is a Fellow of the Australian College of Nutritional and Environmental Medicine (FACNEM) Outcomes are better for cancer patients who take an active role in their treatment with things such as exercise, changes in their diet, managing stress, taking supplements, or doing intermittent fasting.
Duration:	5 min 30 secs

EP 3:	Autism Spectrum Disorder
Interviewees:	Dr Sally Chapman MBBS, FRACGP
Synopsis:	An obese 8 year old boy with Autism Spectrum Disorder improves after toxicity, genetic and other testing that shows he is gluten intolerant, has a zinc deficiency, high mercury, cadmium and copper levels. After changes to his diet he has improved. Dr Chapman summarises the many sources of toxicity in our world today.
Duration:	5 mins 46 secs

EP 4:	What is a good healthy diet?
Interviewee:	Dr Greg Schwarz has a Bachelor of Medicine and Bachelor of Surgery (UTAS); Master of Science (Environmental Management) UTAS, and is a Fellow of the Australian College of Nutritional and Environmental Medicine (FACNEM)
Synopsis:	Eat as many non-starchy vegetables as you can with a moderate amount of protein with enough butter, ghee, animal fats, extra virgin olive oil, avocado and macadamia oil, so that you are not hungry.
Duration:	5 mins 9 secs

EP 5:	How to get off sugar
Interviewee:	Dr Greg Schwarz has a Bachelor of Medicine and Bachelor of Surgery (UTAS); Master of Science (Environmental Management) UTAS, and is a Fellow of the Australian College of Nutritional and Environmental Medicine (FACNEM)
Synopsis:	The British scientist John Yudkin and American researcher Robert Lustig have produced research that shows that sugar consumption harms our health. Yet the food industry is resistant to any change. It is a powerful lobby group that resists any regulation or taxes that might reduce sugar consumption. Insulin resistance is also explained.
Duration:	5 mins 16 secs

EP 6:	Infertility
Interviewee:	Dr Sally Chapman MBBS, FRACGP
Synopsis:	Infertility can be caused by vitamin deficiencies, mineral disturbances, or starting the contraceptive pill in the early teens. Women need to get rid of lots of copper, take magnesium, Vit D, omega 3 fatty acids. Men need Vit D, zinc and omega 3 fatty acids. A healthy food diet, exercise and some weight loss can also be part of the treatment.
Duration:	5 min 16 secs

EP 7:	Alzheimers and Dementia
Interviewee:	Dr Greg Schwarz
Synopsis:	A study of alzzheimer patients showed that a low carbohydrate diet rich in vegetables and unprocessed proteins and healthy fats, high intensity exercise, and supplements to reduce inflamation allowed 90% of the patients to return to or stay at work.
Duration:	5 min 28 secs

EP 8:	High Intensity Exercise: theory
Interviewee:	Dr Sally Chapman
Synopsis:	In addition to a diet of nutrient rich natural foods, add four minutes of high intensity exercise each week to give yourself a direct rise in your endorphin levels. This mirrors the ways our ancestors exercised as they chased wild game. And you cannot exercise your way out of a bad diet which is the starting point for all good health.
Duration:	4 mins 46 secs

EP 9:	High Intensity Exercise: in the gym
Interviewees:	Dr Sally Chapman Nick Lee, exercise physiologist
Synopsis:	Dr Chapman explains how the illnesses of her own two children led her to re-assess her medical training and to study nutrition with the Australian College of Nutritional and Environmental Medicine. www.acnem.org In the gym we learn from Nick Lee what makes for a successful regular exercise group. For an exercise physiologist in your area go to: Exercise & Sports Science Australia www.essa.org.au
Duration:	5 mins 38 secs

EP 10:	Remedial Massage
Interviewees:	Dr Greg Schwarz Spencer Wood, remedial massage therapist
Synopsis:	Dr Greg Schwarz, was dissatisfied writing out prescriptions and seeing a lot of patients whose chronic conditions never improved. Then he took a course on nutritional medicine and found that he could actually make people better. Spencer Wood explains that muscles which get taut and in knots can be loosened with trigger point massage and muscle energy technique. For a practitioner in your area: Australian Association of Massage Therapists Limited: http://www.naturaltherapypages.com.au/connect/aamt/service/13460 The Association of Massage Therapists http://www.amt.org.au/
Duration:	4 mins 46 secs

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